

## Determining the Relationship between Bonding with Parents and Mental Vitality through the Mediation Role of Motivational Orientation

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### Abstract

**Introduction:** vitality as an essential energy required for a person's daily life, and the relationship between parents and children can play a significant role in people's mental vitality. Therefore, considering the importance of identifying the effective factors in mental vitality, the aim of this study was to investigate the relationship between bonding with parents and mental vitality according to mediation role of motivational orientation.

**Method:** The descriptive method of correlational coefficient was used in this study, which was done in the form of structural equation modeling (SEM). The statistical population included all secondary school students of Kharameh city (940 people). In this regard, 273 students were selected as a sample through random cluster sampling.

The measurement tools included mental vitality scale (1997), bonding instrument with parents (1979), motivational orientation (1992). Findings: The results of structural equation modeling (SEM) were provided using AMOS software (Version 24) indicated

**Results:** that paternal care has a direct and significant predictor of mental vitality. In addition, bonding with parents was a direct and significant predictor of intrinsic motivation, extrinsic motivation, and demotivation. Parental care and their control have significantly predicted mental vitality through the path of extrinsic motivation. Conclusion: The results of the present study showed that a part of mental vitality is explained by parental bonding and motivational orientation.

**Conclusion:** The relationships with parent has impact on motivational orientation, and motivational orientation in turn affects well-being and mental vitality.

**Key words:** Bond with Parents, Mental Vitality, Motivational Orientation.

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**Introduction:**

Vitality is the necessary fuel required for every person's daily life (1). Mental vitality, as an effective element on people's health and well-being, also influence on various components such as alertness, interactions of body and mind of people (2). Factors affecting mental vitality have more or less received the attention of studiers and experts. However, there are many unknown issues and problems related to mental vitality. One of the important issues in the current study about mental vitality is to discover and investigate the causes and important components of this elements.

A literature review indicates that the studies conducted on the causes of mental vitality are not coherent enough. In such a way that it can be said that underlying and antecedent factors have been investigated less separately and the interactive contribution of these factors in creating the experience of mental vitality has been less taken into account by studiers. In addition, it is worth to mention that mental vitality may be formed during a process, and this issue also needs further studied by studiers. Therefore, the main question of the current study is, what are the main factors that create mental vitality, especially related high school students? And how is this experience formed? In theorizing about mental vitality, the role of environmental and individual factors has been considered as two basic predictors of mental vitality (3). Regarding previous studies (4) the family is one of the antecedents and planning factors that influence motivation orientation and has positive effects on manifestation of Children's individual capabilities and can ultimately affect mental vitality.

mental vitality (4). Especially, in previous studies, the role of bonding with parents has less been addressed in relation to its influencing role on motivational orientation. Based on it, the description and analysis of the bond with parents along with other study variables, especially in the cultural context of Iran was considered as a collectivist society (5). Because based on Chao and Tseng's studies (6), culture affects the type of parents' behavior. The family plays an effective role in developing the ability to deal with different situations by developing self-following, self-confidence and motivation of children (7).

According Balbi (1988), the sincere and warm relationship between parents and children has created a pattern of attachment that is stable and has effect on a person's relationships in adulthood. The warm and desirable relationship between parents and child has an effective role on people's health and well-being, and on the contrary, high control with low loving behavior can reduce the sense of competence in children (8). On the other hand, Balbi (1988) explains that if the parents' relationship lacks love and warmth and is accompanied by control and intervention in the children's behavior, it can cause anxiety and decreasing self-confidence in children, which in turn reduces the ability to cope and gain interpersonal support in stressful situations and finally endanger the mental health of children (2)

Di and Wang (10) investigated the relationship between basic psychological needs and motivational orientation on mental vitality among the medical community. The results of their study showed that intrinsic motivation has a positive relationship with mental vitality and extrinsic or controlled motivation has a negative relationship with mental vitality. Indomati and Ashioni(11) investigated the relationship between parental

bonding and well-being in their study. The results of their study indicated that favorable relationships between parents and children are related to children's well-being. Farnham and Cheng (12) examined the relationship between parenting styles and children's vitality. This study showed that the authoritative style of parents can effectively predict children's happiness. In a similar study, Handa, Tsuda, Eswa and Egawa (13) examined the relationship between two dimensions of parental bonding, including control and care, with health indicators. The results of this study showed that mother's care predicts mental health more than other indicators, based on the results of this study, father's high control also played an effective role in predicting health indicators. In other words, girls who have a good relationship with their parents got the lowest score in the scores of depression symptoms and negative thinking and the highest score in the self-esteem index.

According to the results of studies (14); Valent, Romero, Hervas and Espinosa (15); Avaguinano and Zefirplou (16), children who do not have a positive perception of their relationship with their parents during their lifetime shows pathological symptoms. Another result of this study was that the low level of parental care and independence will cause symptoms of depression and anxiety in children.

The results of the study of Norling, Rourke and Wagner (17) on students showed that intrinsic motivation and mental vitality are closely related to each other. According to the results of Mace & et al.' study (18), the shortage of parental sensitivity and inappropriate care from parents have relationship to low self-esteem, negative beliefs about oneself such as negative feeling and worthless, and maladaptive coping styles. In his study, Jankic (19) examined the behavior of parents and its impact on children. The results of the mentioned study showed that parents with good and positive behavior has a constructive role model for their children and by teaching appropriate methods of emotion regulation and social support cause to reduce aggression in children.

Jafarzadeh, Farkhi and Sohrabi (20) during a study entitled the relationship between parenting methods and resilience with students' vitality reached the conclusion that there is a significant and positive relationship between parents' authorities parenting methods and students' happiness and resilience, but the Free parenting style had no significant relationship with resilience. Also, there was a significant relationship between authoritative parenting style and students' delightfulness and resilience. In addition, the results of the study showed that authoritarian parenting style negatively predicts happiness and resilience in students. Also, free and authoritative parenting style can positively explain happiness in students. But authoritative parenting style can more strongly predict happiness and resilience in students.

The results of Rashvanlu and Hijazi's study (21) showed that parenting styles including paternal warmth and father's support as well as mother's involvement predict children's intrinsic motivation. The results of this study also indicated that father's support of autonomy predicts intrinsic motivation in understanding and experiencing stimulation. A review of previous studies indicates that only a few studies conducted in the field of bonding with parents in Iranian society and they have not considered the different effects of parental bonding, including care and control on constructs such as mental vitality.

While it seems that different dimensions of parental bonding in mothers and fathers have different effects on mental vitality. Based on this, one of the basic questions of this study is to examine the different aspects of the parents' bond on mental vitality.

On the other hand, based on Desi and Ryan's (9) self-determination theory, motivation has an effective role in predicting learning, performance, creativity, optimal growth and mental health of humans. They have conceptualized motivation in a spectrum from demotivation, extrinsic motivation to intrinsic motivation. Intrinsic motivation refers to activities that are intrinsically rewarding and developing. In other words, intrinsic motivation means the spontaneous tendency of people to be curious and supported (2). Intrinsically motivated people seek to find ways to overcome challenges and grow their knowledge and skills without receiving external rewards. Also, demotivation refers to people who do activities by themselves without a sense of competence and purposeful motivation (9) Extrinsically motivated people do tasks because of external rewards and reinforcements. In general, according to the causes and antecedents of mental vitality and the role and effect of each of these factors on this element, the main issue of the current study is whether it is possible to consider factors such as bonding with parents, motivational orientation, and mental vitality, develop a causal model that explains the mental vitality of students?

In addition, it can be said; Although various studies have paid attention to the investigation of two-variable relationships between these elements, the mediating role of motivational orientation in the relationship between bonding with parents and mental vitality in a comprehensive model has not been analyzed. Therefore, according to the scientific studies of mental vitality and the theories proposed in this theoretical field, the hypothesis of this study is to determine the relationship between parents, mental vitality and motivational orientation, as well as to determine the relationship between motivational orientation and mental vitality and examine the mediator role of motivational orientation in relation to parent's mental vitality.

### **Method:**

The current study method is a descriptive-correlational that was carried out in the form of structural equation modeling. The statistical population of this study included all the second secondary students (10th, 11th and 12th grades) of Kharameh city (940 people) who were studying in the academic year of 2019-2019. The participants were selected by random cluster sampling method that included 275 people, after two incomplete questionnaires were removed, their number reached 273 people. The measurement tools included mental vitality scale (22), bonding instrument with parents (7), motivational orientation (6). In the present study, after collecting information and defining the data quantitatively, it was analyzed in SPSS software version 24. In this way, descriptive findings such as mean and standard deviation and then the correlation matrix of the variables were presented. After that, structural equation modeling assumptions such as missing cases, outlier data and normality of variable distribution were examined and the hypotheses were analyzed by structural equation modeling method in AMOS software version 24.

**The results:****Table (1) Descriptive indexes of research variables**

variables		SD	Mean
<b>bonding mother</b>	care	7.19	25.48
	control	7.48	34.06
<b>bonding with mother</b>	care	7.39	29.02
	control	6.94	32.08
<b>motivation orientation</b>	intrinsic motivation	12.68	45.48
	extrinsic motivation	13.78	54.28
	demotivation	4.84	11.65
<b>mental vitality</b>		6.15	21.22

In inferential findings, relationships between observable variables were calculated using Pearson's correlation coefficient. The results of the zero order correlation matrix are shown in Table (2). These results show that in all cases the relationship between study variables is significant.

**Table (2) correlational Matrix between research variable  $^{**}(p<0.001)$** 

variables	1	2	3	4	5	6	7	8
<b>mother's care</b>	1							
<b>mother's control</b>	0.76 <sup>**</sup>	1						
<b>Father's control</b>	0.63 <sup>**</sup>	0.56 <sup>**</sup>	1					
<b>Father's control</b>	0.600 <sup>**</sup>	0.76 <sup>**</sup>	0.69 <sup>**</sup>	1				
<b>intrinsic motivation</b>	0.57 <sup>**</sup>	0.55 <sup>**</sup>	0.64 <sup>**</sup>	0.52 <sup>**</sup>	1			
<b>extrinsic motivation</b>	0.63 <sup>**</sup>	0.50 <sup>**</sup>	0.69 <sup>**</sup>	0.44 <sup>**</sup>	0.86 <sup>**</sup>	1		
<b>demotivation</b>	0.41 <sup>**</sup>	0.23 <sup>**</sup>	0.29 <sup>**</sup>	0.27 <sup>**</sup>	0.35 <sup>**</sup>	0.40 <sup>**</sup>	1	
<b>mental vitality</b>	0.58 <sup>**</sup>	0.51 <sup>**</sup>	0.62 <sup>**</sup>	0.45 <sup>**</sup>	0.52 <sup>**</sup>	0.57 <sup>**</sup>	0.23 <sup>**</sup>	1

Testing the study hypotheses Since the purpose of this study was to test the relationships between variables in the form of structural equation modeling, therefore, the calculations were done using AMOS software and the results for direct paths are shown in Table (3)

**Table (3) Direct effects of research model variables**

Variables relationship	P	C.R.	S.E.	$\beta$	B
<b>mother's care to intrinsic motivation</b>	0.01	2.45	0.11	0.16	0.28
<b>mother's control to intrinsic motivation</b>	0.002	3.15	0.08	-0.16	0.27
<b>father's care intrinsic motivation to</b>	0.0001	8.29	0.09	0.46	0.78
<b>mother's care to extrinsic motivation</b>	0.0001	7.02	0.10	0.37	0.70
<b>father's care to extrinsic motivation</b>	0.0001	10.47	0.10	0.59	1.09
<b>Father's control to extrinsic motivation</b>	0.0001	4.12	0.08	-0.18	0.34
<b>mother's care to demotivation</b>	0.0001	6.68	0.05	-0.56	0.37
<b>mother's control to demotivation</b>	0.0001	3.50	0.06	0.36	0.23
<b>Father's care to demotivation</b>	0.009	2.60	0.05	-0.21	0.15
<b>mother's care to mental vitality</b>	0.0001	4.37	0.05	0.24	0.22
<b>father's care to mental vitality</b>	0.0001	5.22	0.05	0.36	0.28
<b>extrinsic motivation to mental vitality</b>					

Bonding with parents has a direct effect on mental vitality. The results of the investigation of this hypothesis as shown in table (3) showed that among the dimensions of bond with parents mother's care ( $\beta = 0.24$ ,  $p = 0.0001$ ) and father's care ( $p = 0.0001$ ,  $0.36 = \beta$ ) was a positive and significant predictor of mental vitality. Other dimensions of bonding with parents did not directly predict mental vitality. Therefore, it can be said that according to the results of the analysis of the first part, the first hypothesis of the study was confirmed.

The results obtained from the analysis of this hypothesis are shown in table (3). Based on the analysis results, maternal care is a positive and significant predictor of intrinsic motivation ( $p=0.01$ ,  $\beta=0.16$ ), extrinsic motivation ( $p=0.0001$ ,  $\beta=0.37$ ) and negatively and It was a significant predictor of demotivation ( $p=0.0001$ ,  $\beta=0.56$ ). Also, mother's control is a negative and significant predictor of intrinsic motivation ( $p=0.0001$ ,  $\beta=0.16$ ) and a positive and significant predictor of demotivation ( $p=0.009$ ,  $\beta=0.36$ ). he nosed Based on the results of analysis, father's care positively and significantly predicted intrinsic motivation ( $p=0.0001$ ,  $\beta=0.46$ ) and extrinsic motivation ( $p=0.0001$ ,  $\beta=0.59$ ). Meanwhile, father's control negatively and significantly predicted extrinsic motivation ( $p=0.0001$ ,  $\beta=0.18$ ) and demotivation ( $p=0.009$ ,  $\beta=0.21$ ). According to the results of the analysis, the second hypothesis of the current study was confirmed.

The results obtained from the examination are shown in table (3). The results of the analysis showed that among the dimensions of motivational orientation, extrinsic motivation ( $p=0.01$ ,  $\beta=0.16$ ) was able to predict mental vitality. Other dimensions of

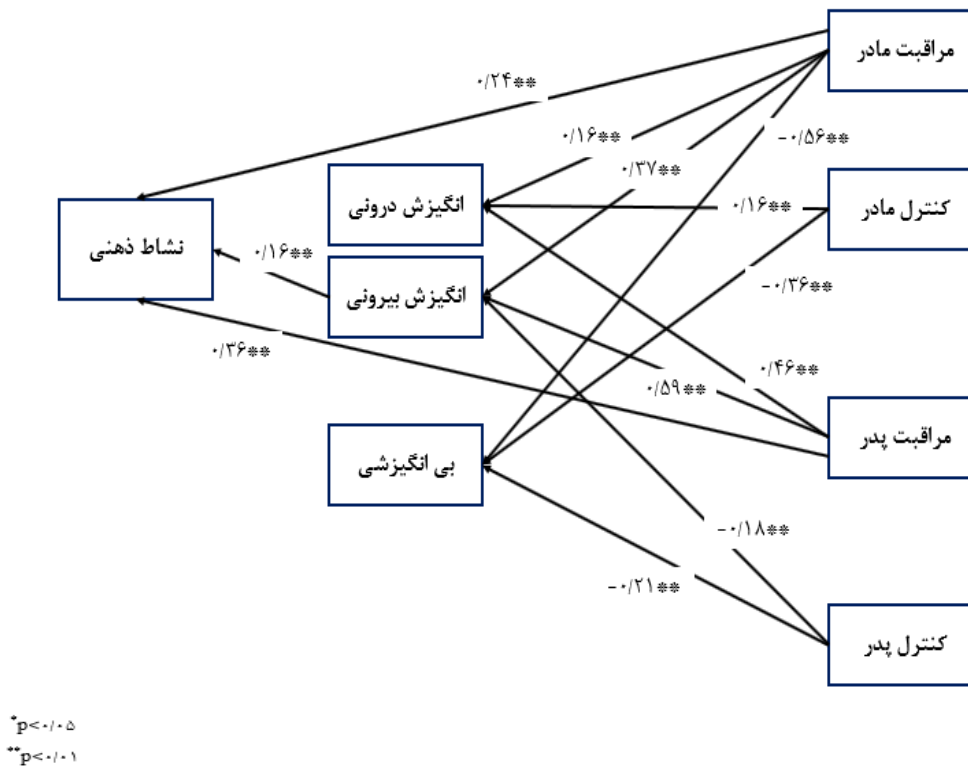
motivational orientation did not predict mental vitality. According to the results of the analysis, the first part of the third hypothesis of the study was confirmed.

The fourth hypothesis of the study: bonding with parents has an effect on mental vitality through motivational orientation.

**Table (4) direct effects, indirect effects, and all research variables**

Measure variable	Predicted variable	Direct effect	total effect	Indirect effect	Determined variance
Mental vitality	mother's care	0.26	0.32	0.06	<b>0.46</b>
	father's care	0.34	0.35	0.01	
	Father's control	-	0.03	0.03	
Intrinsic motivation	mother's care	0.16	0.16	-	<b>0.48</b>
	mother's control	-0.16	0.16	-	
	Father's control	0.45	0.45	-	
Extrinsic motivation	mother's care	0.37	0.37	-	<b>0.57</b>
	Father's care	0.58	0.58	-	
	Father's control	-0.17	0.17	-	
Demotivation	mother's care	-0.56	0.56	-	<b>0.21</b>
	mother's control	0.36	0.36	-	
	Father's control	-0.21	0.21	-	

The results obtained from the examination of this hypothesis are shown in the table. Based on the results of this table (4), the indirect coefficients show that the indirect effect of mother's care on mental vitality through external motivation is significant ( $p=0.007$ ,  $\beta=0.06$ ). Also, the indirect effect of father's care on mental vitality through external motivation is significant ( $p=0.002$ ,  $\beta=0.01$ ). According to the direct and indirect effects obtained from the analysis, the conceptual model of the study was drawn as follows



**Figure (1) The final study model**

As seen in Figure (1), in total, the model of the present study has explained 46% of the variance of mental vitality. The fit indices were calculated in order to check the current study model. The results of these findings are shown in the table.

**Table (5) final model processing indexes of the study**

Index	PCLOI	RMSE	CFI	TLI	NFI	AGFI	GFI	$\chi^2/d$
Value	0.12	0.07	0.99	0.99	0.98	0.92	0.98	<b>2.55</b>
value desirabl	>0.05	<0.08	>0.0	>0.0	>0.09	>0.90	>0.09	<b>&lt;3</b>

In table (5), the chi-squared index divided by the degree of freedom (normalized chi-square) was the first index to be investigated, which is less than 3 according to the value (2.55) and indicates the suitability of the model. The comparative fit index (CFI) is an index that examines the model in question with the model without its relationships, this value was equal to 0.99, which is higher than the criterion of 0.90 and indicates the optimal fit of the model. Goodness of fit index (GFI), an index that shows the amount of explained variance and covariance of the model, its value was equal to 0.98, which is more than the specified value of 0.90 and shows the optimal fit of the model. Adjusted goodness of fit index (AGFI) is a relative modifier of goodness of fit index with respect to sample size and degrees of freedom. This value can vary in the range between zero and one, and as shown in the table, this value is close to one and indicates a good fit of the model. The acceptable value of comparative fit indices of NFI and TLI is at least 0.90 (Meirs et al., 2006/2006), and in the present model, these values are obtained as 0.98 and 0.99, respectively, and it indicates the optimal fit of the model. The root mean square error of approximation (RMSEA) was another fit index of the present study. In order to confirm the model, it is necessary that the value is less than 0.08, which in the



present study, this value was obtained equal to 0.07, which indicates a good fit. PCLOSE was the last fit index of the present model, this value should be more than 0.05, and in the present study, the value of 0.12 was obtained and it shows the good fit of the model. In total, the results indicate the optimal fit of the final model

### **Discussion and conclusion:**

The results of the present study showed that the dimensions of bonding with parents have a direct effect on mental vitality. In this way, mother's care and father's care positively and meaningfully predict mental vitality. This finding is in line with the results of study by Farnham and Cheng (12). In explaining this relationship, it can be said that establishing an intimate relationship based on love and warmth, has an effective role on the mental health and vitality of people. Intimate relationships between parents and children also pay more attention to this effect because of the effective role it has in people's lives and is formed from the beginning of life. Another result of this study was that parents' psychological control did not have a direct effect on mental vitality. In explaining this relationship, it can be said that parental control mainly exerts its greatest effect on mental vitality through mediating variables.

The second hypothesis of the study is that bonding with parents (mother and father's care and control) has a direct effect on motivational orientation (intrinsic, extrinsic, and non-motivational). This finding is in line with the results of some studies (Foriland(8); Tanhai Rashvanlu and Hejazi(21)). In following, the relationship between the dimensions of bonding with parents and the dimensions of motivational orientation is explained. The results of the present study showed that among the dimensions of bonding with parents, maternal and paternal care directly have positively predicted intrinsic and extrinsic motivation and negatively predicted demotivation. In determining the positive and meaningful relationship between mother and father's care on internal motivation, it can be said that care, worthy and desirable relationships of parents can strengthen and develop internal motivation. According to the theory of self-determination by Desi and Ryan (9), when parents have a constructive interaction with their children and appropriate behavior of parents such that it causes children to feel worthy and valuable in relation to themselves, the cultivation of this feeling of self is based on intrinsic motivational development and selection of activities is based on internal interests and values.

Another result of this study was that mother's and father's care has a positive effect on external motivation. In explaining this relationship, it can be said that although the results of some studies in Western countries are not the same as the results of the present study, it can be said that the cultural atmosphere of our society tells a different story; Because in Iranian culture, parents always encourage their children to conform to society's standards and culture's ideals, such as obtaining degrees, points, and grades. Therefore, progress and development in order to gain encouragement and external points in Iranian families is not only considered a low-value concept, but it is always valued and emphasized from the perspective of parents and culture. Based on the results

of the studies, culture is effective in different ways on the type of relationship between parents and children (3). In eastern cultures, parents build their relationship with their children based on warm and intimate communication along with control (6). In other words, in eastern societies, control and restrictions on children's behavior prevail in families, and children accept it as a part of their society's culture. In contrast to Western societies that support and encourage children towards individualism and independence, eastern cultures support dependence and harmony according to environmental and external criteria (4).

The results of the present study also indicated that mother's and father's care had a negative relationship with demotivation. In explaining this relationship, it can be said; Parents' educational methods, including establishing warm communication based on acceptance, have an effective role on the purposefulness and selection of internal criteria (23). In other words, decent relationships between children and parents provide a basis for children to choose activities based on internal criteria and in fact remain immune from demotivation and lack of goals and criteria for their actions.

The results of the present study also showed that mother's control has a negative relationship with intrinsic motivation and a positive relationship with demotivation. This means that as the amount of mother's control over children's behavior increases, internal motivation decreases and the level of demotivation increases. In explaining this relationship, it can be said that although in general, controlling behavior by parents can have a negative role on children's motivation (24), but since the mother is a symbol of kindness and affection in the family, especially in Iranian culture, the behaviors Expensive control and reduction of children's freedom and authority and strictness and the use of power can disturb the interaction between mother and children and have a negative effect on children's motivation.

Another result of this study was that father's control had a positive relationship with extrinsic motivation and demotivation. In other words, the greater the father's control, the higher the level of external motivation and demotivation. In explaining the relationship between father's control and external motivation, it can be said that in our country and culture, acting based on external criteria or external motivation is supported by parents, which helps to increase children's tendency to external motivation, in addition, Iranian society emphasizes the role of control. It validates the father's arrogance and authoritarianism and emphasizes its importance, in other words, the presence of the father is accepted as a symbol of authority and control by the family and children, and therefore it can be said that the controlling behavior of the father in the family is the tendency of the children in The direction of conformity with parents' criteria means external motivation is effective and ultimately leads them to increase mental vitality. The findings of this study showed that among the dimensions of motivational orientation, extrinsic motivation predicted mental vitality. This finding confirms the third part of the third hypothesis of the current study and is in line with the results of (19). In explaining this relationship, it can be said that since conformity with society's values is approved and encouraged by parents, teachers, and society members, therefore, trying to choose goals and activities based on external goals in the culture of our country increases vitality. It helps mentally. In other words, if children determine their behaviors and actions based on internal standards and deep learning, they will be

less approved by society members and will lag behind their peers in the process of competing for higher scores and ranks in the entrance exam. Therefore, sometimes families have to confirm and harmonize their actions with external criteria despite their internal desire to acquire social values.

According to the findings of the present study, 46% of the variance of mental vitality is explained by bonding with parents and motivational orientation. According to the self-determination theory (9), the necessary support regarding the role of environmental factors in mental vitality has been provided through motivational orientation. According to these theories, environmental factors, including relationships with parents, affect motivational orientation, which in turn affects well-being and mental vitality. The arrangement of study variables indicates that the nature of this study is on the participation of family and motivational factors in explaining mental vitality. In other words, in the current study model, bonding with parents as a family factor and motivational orientation as a representative of motivational factors in explaining mental vitality have been investigated. The assumption of the current study is that the increase in mental vitality can be related to the bond with parents and motivational orientation. The results and findings showed that the environmental variable of bonding with parents affects mental vitality through the effect on motivational orientation.

#### **Limitation:**

In conducting the present study, there are limitations such as strictness of school principals to attend schools and distribute and collect questionnaires, not allocating appropriate time to do these things, and on the other hand, spending a lot of time to distribute and collect, which slows down the study. Study progress. Finally, considering the findings of the study, it is suggested to the researchers who are interested in the study on mental vitality level to test the fitted model of the current study on students for comparison, and also because in the current study, Motivational variable has been used, it is suggested to use cognitive and emotional variables in further studies.

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