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# Relationship between Parenting Styles and Drug Abuse as a Maladaptive Behaviour among Senior Secondary School Students in Zone 'C' Geo-Political Area of Benue State: Implications for Counseling

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**ABSTRACT:** The study investigated the relationship between parenting styles and drug abuse as a maladaptive behaviour among Senior Secondary Students in zone C geo-political area of Benue State. The survey research design was used for the study. The total population of the study consisted of 12,512 students. A sample of 400 students was drawn for the study using Krejcie and Morgan's (1970) table for determining sample size. The instrument used to collect data was a structured questionnaire titled: 'Parenting Maladaptive Behaviour Investigation Scale' (PMBIS). Three research questions were raised and three hypotheses were formulated to guide the study. The research questions were answered using mean and standard deviations while the hypotheses were tested at  $P \leq .05$  level of significance using the Pearson Product Moment Correlation. The results of this study revealed that parenting styles result to maladaptive behaviour in form of drug abuse, hence the call for instructional and moral counseling in schools and homes. Based on the finding of the study, it was recommended that parenting styles irrespective of the type should be geared towards molding the wholesome individual that will benefit the individual and society at large. Consistent awareness should be created at all times to curb maladaptive behaviour such as drug abuse, aggression etc. by counselors especially among secondary school students within and outside the area under study. Anti-drug awareness programmes should be adopted in schools in Benue State and zone c in particular.

**KEYWORDS:** Parenting, Parenting style, Mal-adaptive Behaviour, Drug Abuse, Senior Secondary School Students.

### I. INTRODUCTION

Parenting styles are described as combinations of attitudes toward the child that are communicated to the child and create an emotional climate in which the parents' behaviors are expressed and the child's behaviour is influenced. In the same vein, Kordi & Baharudin (2010) define parenting style as the term psychologists use to describe how parents rear their children through behavior, discipline, and methods used that influence children.

These styles could be, authoritative, authoritarian or permissive.

The construct parenting style has been largely influenced by Baumrind's (1971) conceptualization of authoritarian, permissive and authoritative parenting styles which encompassed various characteristics such as maturity, communication styles, nurturance, warmth and involvement (Darling & Steinberg, 1993). Authoritarian parenting style suggested that children are expected to be submissive to their parent's demands, while parents were expected to be strict, directive, and emotionally detached. In line with the above, Santrock (2007) opines that this type of parenting is restrictive, punishment-heavy parenting style in which parents make their children adhere to their directions with little or no explanation. Permissive parenting style like the name implies connotes less parental restrictions or limits on

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the child. The implication of this is that children are expected to regulate their own activities. Children of permissive parents may tend to be more impulsive and as adolescents may engage more in misconduct such as drug use Prange(2014). Authoritative parenting style entailed clear and firm direction to children. Authoritative parenting styles lies in moderating discipline with warmth, reason, and flexibility.

Furthermore, recent developments in the field of parenting and family studies have led to the renewed interest in the relationship between children's maladaptive behaviours especially drug abuse and parenting styles. These developments have heightened the need for the study on senior secondary school students' involvement in drug abuse as a maladaptive behaviour.

Involvement of senior secondary school students in maladaptive activities especially drug abuse is on the increase in Nigeria and Benue State in particular. The last two decades witnessed crimes ranging from minor stealing to major robbery and killing perpetuated by teens. Since the family is the first window of the child, parenting styles and their influence on children could greatly affect their understanding, attitude and behavioral patterns. Parental responsibilities start as soon as the child was born. These responsibilities suggest that the socialization process of a child is bidirectional in nature.

The implication is that parents convey socialization messages to their children, while children vary in their level of acceptance, receptivity and internalization of these messages (Grusec *et al.*, 2000). Socialization means the acquisition of education, experience, attitudes and behaviors that are required for a successful adaptation to the society and the family (Ladd & Pettit, 2002).

Behaviour is considered abnormal or antisocial if it is uncommon, different from the norm and does not conform to what society expects. This idea is also closely related to the statistical approach to definite abnormality which rest on the idea that differences in human behaviour tends to fall into a normal distribution curve (Nwankwo *et al.*, 2010). It is viewed as a violation of a formal or informal rule including serious criminal acts or flagrant disregard for conventional standards of approved behaviour, as well as more private and momentary oppositional and hurtful acts (Durojaiye 2003). It has been an everyday phenomenon in the society that our secondary students are exhibiting much maladaptive behaviour especially drug abuse irrespective of the stages of socialization and cognitive development they have undergone. In view of this, Eke (2004) notes that there are two main categories of maladaptive behaviours Nigerian senior secondary school students are engaged in and these are; criminal and status offences. The criminal offences include stealing, arson, rape, drug offences and murder, burglary, pick pocket, and armed robbery. It is against this background that this research work examined the relationship between parenting styles and drug abuse as a maladaptive behaviour among senior secondary school students in zone c geo-political area of Benue State.

## Statement of the Problem

The menace of drug abuse in the country and zone C geo-political area of Benue State in particular, is already a social problem to the Government and the general public. Children develop skills at different rates as a result of differences in parenting styles/practices. So, parenting styles as well as behaviours and ideals of what parents expect, whether communicated verbally and/or non-verbally, also play a significant role in a child's behaviour. When inappropriate parenting styles are adopted by parents, the child is influenced negatively and gradually becomes a menace to the home and society at large thus increasing the crime rate in the society.

The problem of crime among senior secondary school students in zone C is becoming alarming. The problem is on the increase and no permanent solution has been found to arrest the situation. In recent times, there have been unflinching reports regarding behaviours of senior secondary school students, which make them prone to committing crimes. Violence and serious indiscipline in the society is frequently appearing in newspapers with reports that students/youths are engaged in armed robbery, assassinations and cases of stealing and theft due to their involvement in drug addiction.

The Nigerian Government had devised and employed several measures aimed at curbing students mal-adaptive behaviour in our society but to no avail, for instance establishment and administration of juvenile justice; promulgation of juvenile laws and courts, establishment of remand homes, establishment of security and law enforcement agency etc. Many researchers agree that the foundation of student's mal-adaptive behaviour is rooted in the kind of home the adolescent is brought up. The basis for good and bad behaviour orientation and good and bad children's attitude development is founded on positive or negative parenting. Thus the need to investigate the relationship between

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parenting styles and drug abuse as a mal-adaptive behaviour among senior secondary school students in Zone C Geo-Political Area of Benue State and its implication for counseling.

## II. THEORETICAL FRAMEWORK

### **Bandura's Social Learning Theory and Eric Berne's Transactional Analysis Theory**

Albert Bandura's Social Learning theory was propounded in 1977. Albert Bandura is well regarded for his Social Cognitive Theory. It is a learning theory based on the ideas that people learn by watching what others do, and that human thought processes are central to understanding personality. This theory provides a framework for understanding, predicting and changing human behaviour, (Bandura, 2006).

The main tenets of this theory, according to Bandura, are that; people learn by observing others, the same set of stimuli may provoke different responses from different people, or from the same people at different times, the world and a person's behaviour are interlinked, personality is an interaction between three factors: the environment, behaviour, and a person's psychological processes.

Social Learning Theory revolves around the notion that learning correlates to the observation of role models. Parents' perceptions and practices can introduce a change in the children's perception and behaviour, since parents are the first group in the children's environment to support their physical, emotional, social and intellectual development. Children between the ages of 18 to 25 years are hardly in a position to take decisions themselves, they therefore, depend on their parents, peer groups and other immediate members of their families to make decisions.

Social Learning Theory points out that most of the complex behaviours and patterns of interaction are learnt or imitated. It concentrates on the power of example. This is to say that Social Learning Theory centers on the social constructs of how children observe and model the behaviours, attitudes and emotional reactions of others. The researcher, therefore finds the theory useful since parents'/teachers' behaviour and style of upbringing can influence the behavioural patterns of senior secondary school students/children positively or negatively as the case may be.

Transactional analysis is a branch of psychotherapy developed by Eric Berne in 1964. His definition of it is "a theory of personality and a systematic psychotherapy for personal growth and change". Transactional Analysis is about how people are structured psychologically and is both a theory of communication and a theory of child development.

Berne's model is a three part ego-state model. An ego state is a consistent pattern of feeling and experience directly related to a corresponding consistent pattern of behaviour. These three ego states in Berne's model are Parent, Adult and Child. Ego states are irrespective of age and are capitalized to differentiate from the normal use of the words parent, adult and child. The Parent and child ego states are echoes of the past. The Adult ego state is a response to the here and now when a person is grown up and using grown up responses.

From the above, it is observed that transactional analysis theory is situated amongst other transactional theories that focus on the role of familial bonds as constraints on offending. This is to say that, for young people especially, senior secondary school students, a key aspect of their personality and social control are found within the family, particularly through interactions with and feelings towards parents. This theory is useful for this research work because it assumes that parents' perception and practices can introduce a change in the children's perception and behaviour, since parents are the first group in the children's environment to support their physical, emotional, social and intellectual development.

### **Purpose of the Study**

The main purpose of the study is to examine the relationship between parenting styles and drug abuse as a mal-adaptive behaviour among senior secondary school students in zone C Geo – political areas of Benue State.

Specifically, the study will set out to:-

- (i) Determine the relationship between authoritarian parenting style and drug abuse among senior secondary school students.
- (ii) Determine the relationship between authoritative parenting style and drug abuse among senior secondary school students.
- (iii) Determine the relationship between permissive parenting style and drug abuse among senior secondary school students.

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## Research Questions

The following research questions were generated to guide the study.

1. What is the relationship between authoritarian parenting style and drug abuse among senior secondary school students?
2. What is the relationship between authoritative parenting style and drug abuse among senior secondary school students?
3. What is the relationship between permissive parenting style and drug abuse among senior secondary school students?

## Research Hypothesis

The following hypotheses are formulated to guide the study. They are to be tested at 0.05 level of significance.

- Ho 1. There is no significant relationship between authoritarian parenting style and drug abuse among senior secondary school students in Zone C Geo-Political Area of Benue State?
- Ho 2. There is no significant relationship between authoritative Parenting style and drug abuse among senior secondary schools students in Zone C Geo-Political Area of Benue State?
- Ho 3. There is no significant difference between permissive parenting style and drug abuse among senior secondary school students in Zone C Geo-Political Area of Benue State?

## III. METHODOLOGY

The study used survey research design. The survey enabled the researcher to collect data from a large population where subjects from the defined population were systematically selected for the purpose of describing the attributes of the entire population which is expedient for the researcher. The population of the study was 12,512 students' comprising all senior secondary school students from educational zone c. (Source: Benue state Teaching Service Board 2012).

The total sample for this study consists of 400 students drawn from a total population of 12,512 students using Krejcie and Morgan's table for determining sample size (1970). A structured questionnaire for students titled: Parenting Style and Maladaptive Behaviour Investigation Scale (PSMBIS) was used to collect data. It has only four sections, A to D. The first subsection focuses on the relationship between authoritarian parenting style and drug abuse, the second focuses on the relationship between permissive parenting style and drug abuse, the third section focuses on authoritative parenting style and drug abuse and the last section focuses on maladaptive behaviour inventory. The section also used a four point rating scale of Strongly Agree (SA) Agree (A) Disagree (D) and Strongly Disagree (SD) that seeks information required to answer the research questions and testing of the formulated hypotheses. The instrument used for data collection was subjected to both face and content validation by three experts in the area of Guidance, Counseling and Educational Psychology. The experts were to examine and assess all the items to conform with the subject matter they are supposed to measure or not. Items of the instrument structured in mutually exclusive format and those that do not link parenting styles and drug abuse were replaced and structured. The suggestions by these experts were examined and their suggestions were incorporated appropriately and were used for the final draft of the instrument. The reliability of the instrument was determined using Cronbach alpha and it yielded a reliability coefficient of 0.81, meaning the instrument was reliable enough to achieve the purpose for which it was set to achieve. This reliability coefficient indicates a high consistency of the items.

Students of Ecwa Secondary School North Bank Makurdi were identified and used for the trial testing of the instruments. This school chosen was not part of the population to be used for the main study. The aim of this pilot study was to determine the nature and characteristics of the items which include their reliability coefficient. Twenty five (25) respondents, made up of 15 boys and 10 girls participated in the pilot study. The questionnaires were administered to the respondents by the researcher and the research assistants and were retrieved the same day. The results of the pilot study were then used to determine the amount of time that would be adequate for conducting the main study, assess the clarity of the items and calculate the reliability coefficient of the instruments. The researcher administered the questionnaire to the respondents through the help of the teachers who served as research assistants.

Mean and Standard Deviations were used to answer the research questions while the hypotheses were tested at 0.05 level of significance, using Pearson Product Moment Correlation statistical tool. For each question, separate mean

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scores and separate standard deviations were obtained to take decision on the item on the instrument. A decision mean of 2.50 was set for the means as the decision point. This was because a four point rating scale was used. That is  $4+3+2+1= 10$ .  $10/4 = 2.50$ . A mean score below 2.50 was considered as a disagreement to the item while any mean of 2.50 and above was an agreement with the item. If the p-value obtained is greater than 0.05 significant level, the null hypothesis is retained and in the alternative, if the p-value obtained is less than or equal to 0.05 significant level, the null hypothesis was rejected. The Pearson Product Moment Correlation statistical tool is deemed appropriate since it takes care of items provided on a continuum of Strongly Agree (SA), Agree (A), Disagree (D) and Strongly Disagree (SD).

## IV. RESULTS

**Research Question One:**What is the relationship between authoritarian parenting style and drug abuse of senior secondary school students in Zone C Geo-Political area of Benue State?

To answer this question the scores of authoritarian parenting style is correlated with the scores of drug abuse.

Table 1: Pearson Product Moment Correlation between Authoritarian parenting style and drug abuse

Variable	N	r
Authoritarian parenting style	400	.873
Drug Abuse	400	

Table 1 reveals that  $r = .873$  when  $N = 400$ . The result shows a positive relationship between the two variables.

**Research Question Two:**What is the relationship between permissive parenting style and drug abuse among senior secondary school students in Zone C Geo-Political area of Benue State?

To answer this question the scores of permissive parenting style is correlated with the scores of drug abuse.

Table 2: Pearson Product Moment Correlation between Permissive parenting style and drug abuse

Variable	N	r
Permissive parenting style	400	.803
Drug Abuse	400	

The result on Table 2 indicates a positive relationship between permissive parenting style and drug abuse at  $r = .803$  and  $N = 400$ .

**Research Question Three:**What is the relationship between Authoritative parenting style and drug abuse among senior secondary school students in Zone C Geo-Political area of Benue State?

To answer this question the scores of Authoritative parenting style is correlated with the scores of drug abuse.

Table 3: Pearson Product Moment Correlation between Authoritative parenting style and drug abuse

Variable	N	r
Authoritative parenting style	400	.087
Drug Abuse	400	

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**Hypothesis One:**

There is no significant relationship between Authoritarian parenting style and drug abuse among senior secondary students in Zone C Geo-Political Area of Benue State.

Table 4: Correlation between Authoritarian Parenting Style and Drug Abuse

		Authoritarian Parenting style	Drug Abuse
Authoritarian parenting style	Pearson Correlation	1	.873**
	Sig. (2-tailed)		.001
	N	400	400
Drug abuse	Pearson Correlation	.873**	1
	Sig. (2-tailed)	.000	
	N	400	400

Table 4 reveals that  $r = .873$  when  $P_{cal} = .000$  at p-set value .05. Since  $p < .05$ , the hypothesis of no significant relationship between authoritarian parenting style and drug abuse among senior secondary school students is therefore not accepted.

**Hypothesis Two:**

There is no significant relationship between Permissive parenting style and drug abuse among senior secondary students in Zone C Geo-Political Area of Benue State.

Table 5: Correlation between Permissive Parenting Style and Drug Abuse

		Permissive Parenting style	Drug Abuse
Permissive parenting style	Pearson Correlation	1	.803**
	Sig. (2-tailed)		.000
	N	400	400
Drug abuse	Pearson Correlation	.803**	1
	Sig. (2-tailed)	.000	
	N	400	400

Table 5 reveals that  $r = .803$  when  $P_{cal} = .000$  at p-set value .05. Since  $p < .05$ , the hypothesis of no significant relationship between Permissive parenting style and drug abuse among senior secondary school students is therefore not accepted.

**Hypothesis Three:**

There is no significant relationship between Authoritative parenting style and drug abuse among senior secondary students in Zone C Geo-Political Area of Benue State.

Table 6: Correlation between Authoritative Parenting Style and Drug Abuse

		Authoritative Parenting style	Drug Abuse
Authoritative parenting style	Pearson Correlation	1	.087**
	Sig. (2-tailed)		.082
	N	400	400
Drug abuse	Pearson Correlation	.087**	1
	Sig. (2-tailed)	.082	
	N	400	400

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Table 6 reveals that  $r = .087$  when  $P_{cal} = .082$  at  $p$ -set value .05. Since  $p < .05$ , the hypothesis of no significant relationship between authoritative parenting style and drug abuse among senior secondary school students is therefore not accepted.

## Summary of Findings

The summary of the findings from the results are as follows:

1. Authoritarian parenting style has significant relationship between senior secondary school students and drug abuse.
2. Permissive parenting style has significant relationship between senior secondary school students drug abuse.
3. Authoritative parenting style has significant relationship between senior secondary school students drug abuse.

## Discussion

Based on the results of the analysis of the research question and hypothesis, the following findings are discussed: Research questions 1, 2 and 3 are the data that indicates a positive relationship between authoritarian, permissive and authoritative parenting styles and drug abuse among senior secondary school students in Zone C Geo-Political Area of Benue state. Also, hypotheses 1, 2 and 3 confirm that there is correlation between authoritarian, permissive and authoritative parenting styles and drug abuse among senior secondary school students in Zone C Geo-Political Area of Benue state. The correlation result show .873, .803 and .087 respectively.

The study revealed that authoritarian, permissive and authoritative parenting styles result to maladaptive behaviour in form of drug abuse. The study identifies parents as making every decision for their children as one of the reasons which result to aggression and drug abuse. This finding is in line with the views of Utti (2006) who asserted that children behaviour outside the home is a reflection of behaviour learnt or acquired from the home.

Davies (2000) also supported this view by saying that if a society must be free from aggression and drug abuse the home must first and foremost be devoid of all that will lead to negative influence. The study revealed that when parents make most decision for the child, it results to aggressive behaviour and drug abuse because the child is always left vulnerable. In agreement, Baumrind (1991) observed that in most society where individuals are not allowed decisions especially as it relates to their well-being, aggression and drug abuse becomes the order of the day.

Umukoro (1997) postulated that, adolescents who are exposed to higher level of warmth, induction and monitoring parenting background would less likely be maladaptive or diligent. Being moody, unforgiving spirit and regret are other forms of behaviour manifested by children tamed by such parents according to the study. This finding is in line with the views of Laufer and Harel (2003) in their work "The Home and the Society" opined that if the house fails to provide a child with the necessary upbringing to fit into proper place in the society and guided properly for his or her future, then the child is damaged.

## V. CONCLUSION

Parental care and responsiveness play crucial role in adequate parenting of secondary school students (adolescents). Sufficient time must be created by parents (especially mothers) to stay with children at home. Adequate monitoring, control, supervision irrespective of the gender, school location and age are paramount factors in positive and effective child rearing. Adequate parental love, warmth, care, attention are factors for effective parenting, Dialogue, communication, explanations and establishment of good and cordial relationships between parents and children could enhance positive and effective parenting. Creation of suitable environment for child rearing and provision of the child needs may prevent adolescents' delinquency. Parental over reaction to issues, harsh environment and parental aggression may make children take to the streets and prong adolescents into mal-adaptive behaviours.

## Recommendations

Based on the finding of the study, the following recommendations are proffered:

1. Parenting styles irrespective of the type should be geared towards molding the wholesome individual that will benefit the individual and society at large.

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2. Consistent awareness should be created at all times to curb maladaptive behaviour such as drug abuse, aggression etc. by counselors especially among secondary school students within and outside the area under study.

## Implication for Counseling

The implication of this study is that children engage in mal-adaptive behaviour not because they really want to but because of the type of parenting style they received from home. It is evident that bringing up children harshly or loosely exposes them to danger physically, emotionally and psychologically and this has negative effects on their behavioural pattern which will invariably have effect on their academic performance and the society.

Counselors should counsel and educate parents on the parenting styles that may reduce the risks associated with various child characteristics and problem behaviour. In other words, counselors should see the need to invest their more time and energy in this vital area of their professional practices in order to ensure orderliness in the society, especially among Senior Secondary School students.

Counselors should encourage parents to effectively play their roles in the family and desist from shifting such responsibilities as feeding for the family to their children because nature demands that parents provide for their children.

Counselors in schools should also as a matter of fact make their impact known in schools in re-orienting the children and encourage them to desist from drugs, violence and from placing monetary value on everything and seeking easy way out. The children should be helped to develop their values, goals and aspirations.

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