

Parenting Styles and Procrastination Behaviors

Vincent Ming-Wei Woo, Kee Jiar Yeo

Abstract: This study seeks to conduct a systematic review of different parenting styles on procrastination behaviours. Following the PRISMA flow chart, a web-based literature search from 7 electronic databases has been conducted to identify relevant studies published between the year of 2000 to 2018. Based on the inclusion criteria, 11 studies with the sample size ranged between 15 to 685 middle school to undergraduate students were included in this review. It was found that majority of the research focused on the parenting typologies introduced by Baumrind or Maccoby and Martin. While the research on parenting styles mostly evaluated the academically related and general procrastination, limited attention was given to chronic or dysfunctional procrastination. The review found that the negative effects of authoritarian, uninvolved or permissive parenting style towards procrastination behaviour was being described to the greatest extent. In contrast, authoritative parents were inversely related to procrastination.

Index Terms: Parenting styles, Parental-child attachment, Procrastination

I. INTRODUCTION

Procrastination explains a failure to complete a task within the most appropriate time given.⁴⁴ People who engaged in procrastination is not solely due to the lack of intentions to work.⁴⁹ Instead, it is a failure to carry the action to fulfil intention. Such behaviour reflecting a large gap between the intention and action, creating obstacle or anti-intention towards task completion.

Previous literature has examined the internal causes of procrastination such as self-efficacy and emotional intelligence,¹⁵ locus of control and emotional intelligence⁷, self-esteem^{5,12,23}, and perfectionism²¹. However, the external causes that explained one's tendency to engage in procrastinating behaviours still remain scarce. One external cause that has been addressed but received limited attention, is the child rearing method used by the parents on their children.

Even though previous researchers have shown that different parenting styles does contribute some degree of impacts to procrastination,^{17,30,37} a review on the past literature is required to provide a categorisation of how different parenting styles affect procrastination. Therefore, the purpose of this study is to provide a systematic review based on the available literature on different parenting styles towards procrastination behaviours.

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II. METHODOLOGY

A. Search Strategy

We employed the guidelines of preferred reporting items for systematic reviews and meta-analysis (PRISMA) in this study (Refer figure 1). First, we searched through 7 electronic databases known as Scopus, ScienDirect, Taylor & Francis Online, Springer Link, SAGE Journals, Web of Science and Google Scholar. A relevant set of keywords or phrases such as 'parenting styles', 'parental control', 'parental autonomy', 'procrastination' was applied to limit the search parameter. As a result, the database search has returned a total of 847 articles. Besides that, a backward-forward search strategy has further identified 4 additional articles. After removing 59 duplicate articles, 788 articles were taken for title and abstract screening.

B. Criteria of Inclusion

To ensure more refined result, we imposed some criteria of inclusion to all articles during the process of database searching and article screening. The inclusion criteria is being defined as followed:

1. Articles that focused on parenting style and procrastination behaviours;
2. Articles published in English;
3. Articles published between the year of 2000 to 2018;
4. Presented with original data.
5. As a result, a total of 11 articles fulfilled the inclusion criteria and were adopted in this systematic literature review.

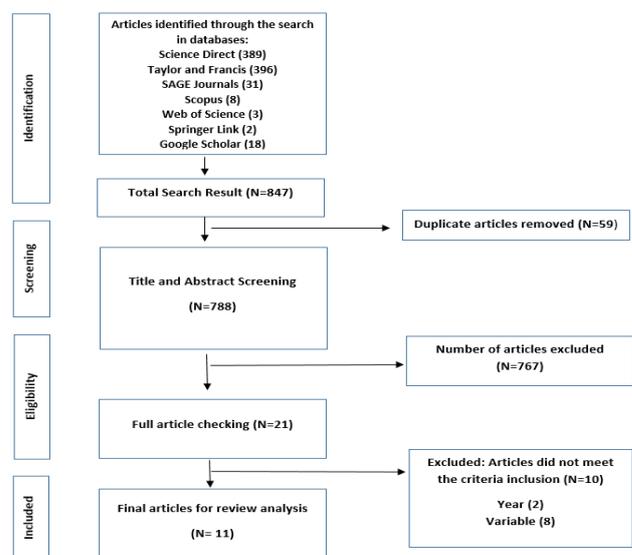


Fig 1: PRISMA Study flow diagram

III. RESULTS AND FINDINGS

A. Summary of Study Characteristics

Table 1 presented the summary of all articles included in this review. In this context, Iran has recorded the highest number of studies about parenting styles and procrastination (Refer to figure 2). It was found that the issue related to parenting styles and procrastination has received more attention since most studies were published regularly at least once a year since 2014 (Refer to Figure 3).

All studies included in this review used self-reported questionnaire to acquire the information of parenting styles and procrastination behaviours from 15 to 685 middle school and undergraduate students. Parenting styles were defined in different ways across studies, including i) Baumrind’s topology of three parenting control models, ii) parental autonomy support and control, iii) parent-child attachment, v) helicopter parenting style, vi) Steinberg’s parenting dimensions and vii) Adlerian’s parenting concepts (Refer to figure

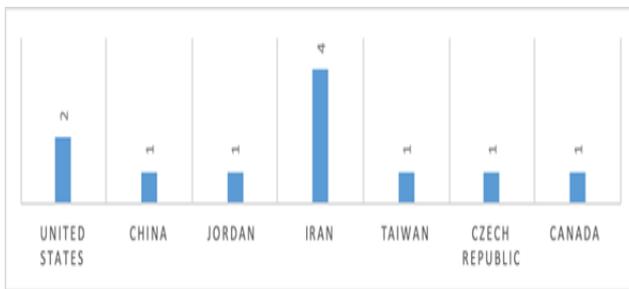


Fig 2: Numbers of publication based on countries

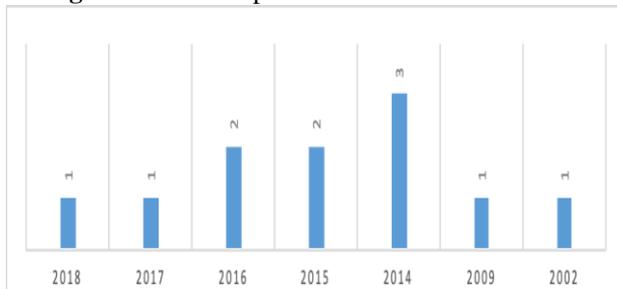


Fig 3: Numbers of publication per year

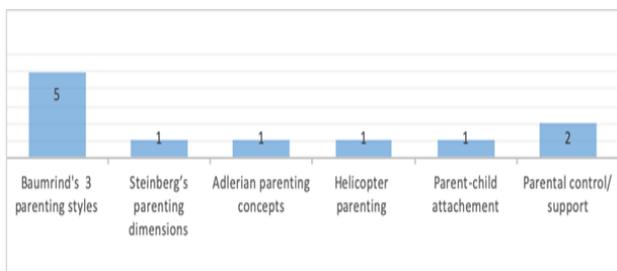


Fig 4: Types of parenting typology adapted across selected studies

Table 1: Study characteristics

No	Author	Country	Finding
1	Won, S., and Yu, S.L. ⁵⁵	United States	-Perceived autonomy support positively predict time management and reduce procrastination. -Parental control does not

			related to time management. But positively predicted procrastination.
2	Chen and Chang ⁵	China	-A high quality of parent adolescent’s attachment has enhanced self-worth and reduced procrastination. -Parental trust and communication were positively associated with self-worth, and indirectly reduced procrastination. -Parental alienation was negatively associated with self-worth and indirectly increased procrastination.
3	Mahasneh et al. ²⁷	Jordan	-Parents who are harsh and unkind has increased the academic procrastination. -Parents who practiced acceptance and involvement with strictness and supervision was associated with low academic procrastination.
4	Esmaeili, N and Monadi, M. ⁸	Iran	- Neglectful or easy-going parents were found with the highest level of procrastination. -Perfectionist parents make children feel worthlessness and procrastinate.

5	Javady, M. J., and Mahmoudi, M. ¹⁹	Iran	-A significantly positive relation was found between permissive, authoritarian parenting and procrastination. -No significant relation was found between authoritative parenting and procrastination. -Only authoritarian parentings showed a significant positive relation with the fear of success.			-The ‘behavioural strictness-supervision’ parenting style had a significant positive relationship with academic procrastination.	
6	Hong et al. ¹⁶	Taiwan	- Helicopter parenting style was positively associated with procrastination.	10	Mortazanajad, H., Mostafafi, F., and Vahedi, S. ³⁴	Iran	-Authoritative parenting was positively associated with better short-term self-regulation and resulted in less procrastination. -Unsupportive parenting was negatively associated with short term self-regulation and resulted in procrastination.
7	Soysa, C.K., and Weiss, A. ⁴⁵	United States	-Academy procrastination and maladaptive perfectionism concurrently mediated the positive relationship between authoritarian parents. -Academic procrastination and maladaptive perfectionism concurrently mediated the inverse relationship between authoritative parents.	11	Pychyl, T.A., Coplan, R.J. and Reid, P.A. ³⁹	Canada	-A significantly negative relationship was found between maternal authoritative parenting and procrastination. -A significantly negative relationship was found between paternal authoritative style with procrastination. -A significantly positive relationship was found appeared between paternal authoritarian parenting and procrastination.
8	Sedlakova et al. ⁴²	Czech Republic	-The levels of parental control were associated with academic procrastination. -High level (Low level) of parental control were associated with high (Low) level of procrastination.				
9	Zakeri, H., Esfahani, B. N., & Razmjooe, M. ⁵⁶	Iran	-The ‘acceptance-involvement’ and ‘psychological autonomy-granting’ parenting styles were significant and negatively associated with academic procrastination.				

IV. TYPES OF PARENTING STYLES

A. Diana Baumrind’s Parenting Styles

Most included studies have applied parental typology created by Diana Baumrind (5 out of 11). Based on the mechanisms of parental demandingness and responsiveness, three typology of parenting style known as 1) Authoritarian, 2) Authoritative and 3) Permissive have been introduced. Besides, permissive parenting with two distinct categories known as: 1) Permissive indulgent and 2) Permissive uninvolved/neglected were further expanded.²⁸ Each of the parenting style showed different patterns of attitudes towards their children. (Refer to Table 2)



Table 2: Baumrind’s, Maccoby and Martin’s four parenting styles

	High Responsiveness	Low Responsiveness
High Demandingness	Authoritative Supportive rather than harsh behaviours Encourage give and take Explain reason behind rules	Authoritarian Emphasize obedience Discourage two ways communication Rigid structure of controlling
Low Demandingness	Permissive-indulgent Low enforcement of rules and authority Encourage freedom in making decision Used extrinsic rewards to get child to behave.	Neglected Disengagement from responsibilities of children Lack of closeness in parent-child relation Sense of hostility towards children.

B. Steinberg’s Parenting Dimensions

The scale developed by Darling and Steinberg in the year of 1993 consisted 3 dimension known as 1) Acceptance-involvement, 2) Psychological autonomy-granting and 3) Behavioural strictness-supervision (Refer to table 3). However, the review found that only 1 study (out of 11) has applied these dimensions.

Table 3: Characteristics of parenting styles⁴⁷

Acceptance-involve ment	Psychological autonomy-gran ting	Behavioural strictness-supervi sion
Warm and firm Involved and sensitive to children’s needs. Set realistic standard and clear rules.	Tolerance against the children’s opinion. Demonstrate demographic discipline in parent-child relationship. Less pressure on their children to comply the rules.	Shape, control the children with the absolute standards. Does not allow children to express own opinion. Low in employing reasoning guidelines.

C. Helicopter Parenting Style

Another interesting parenting style known as ‘Helicopter parent’ or ‘Cosseting parent’, was appeared in the past researches.¹⁶ In this context, helicopter parents described the parent who constantly hovering above their children to oversee and close-monitor every aspect of their child’s life. In fact, they are over concerned with protecting and helping their children from any potential obstacles.³⁵ Even though

they used excessive advice and enmeshment, they failed to provide flexibility in adjusting the need for autonomy, decision making for their children.^{35,41,43}

D. Adlerian’s Parenting Concepts

The parenting concept introduce by Alfred Adler emphasized the effect of pampered and neglectful parenting. Although the children will receive different parental treatment under these two distinct parenting styles, the end result to them will be similar-the feeling of inadequacy. The best approach according to Alder is finding balance point between these two extreme parenting styles. While protecting the children from negative aspects, parents should provide a moderate degree of freedom by allowing their children to explore while still sensing the security of parental influence.

Table 4: Adler’s Adlerian parenting

Pampered	The Balance Point	Neglected
Over-protection and over-attention. Provides extreme shelter against negatives of life.	Mutual Respect. Encouragement. Setting freedom while providing limits.	Provides neither attention or protection Strong sense of mistrust of other.

E. Parental-child Attachment

The theory of parental-child attachment emphasized the attachment between parents and children. The secure attachment reflects a sense of warm and trustful that encourage children’s adaptive outcome in social, cognitive and behavioural domains⁴. In contrast, the insecure parent-child attachment such as rejection will result the children to face the difficulty in their social and personal development. The quality of parent-child relationship was measured by the ‘Inventory of Parent and Peer Attachment’ based on three dimensions. These dimension only applied by 1 study (Out of 11).

Table 5: The Inventory of Parent and Peer Attachment

The Inventory of Parent and Peer Attachment
<ul style="list-style-type: none"> • Parental- child communication • Parental- child trust • Parental-child alienation

F. Parental Autonomy Support and Control

Parental autonomy support and control are being identified as two distinct parenting practices within a person’s self-determination theory. Parent who provides autonomy support will encourage children’s independent decision making, provide rationale for their decision making and acknowledge the children’s feeling.¹⁴ In contrast, parent who emphasizes control over their children will tend to create the sense of guilty, threaten and pressure in foresting performance goals.

G. Procrastination Behaviors

While categorizing the types of procrastination behaviors from all relevant articles, it was surprised that the majority of the studies (8 out of 11) were focused on academically related procrastination. A small number of studies were either looked into the general procrastination (2 out of 11) or the combination of academic and general procrastination as a single construct (1 out of 11). Other types of dysfunctional procrastination such as avoidant and decisional procrastination with the relation of parenting styles, received limited attention.

H. Relationship between Parenting Styles and Procrastination

The negative effects from the parent who characterized by harsh and unkind, high demand and control but low warmth (authoritarian), low quality of parental-child attachment were being described to the greatest extent. Most studies showed a high level of parental strictness and control will lead to the child's tendency to procrastinate (Table 1).

On the other hand, study that have taken the parents characterized by high demand and high warmth (authoritative), high quality of parental-child attachment, inspiring, acceptance and involvement into account were reported a negative relationship with procrastination. Previous studies also showed that authoritative parents were inversely related to the shaping of needless delay, behavioural avoidance as well as maladaptive perfectionism that constitutes procrastination.^{39,52}

Several past researches have indicated a negative relationship between permissive parenting and procrastination.^{5,8,27,39,45,55} Besides, diffuse-avoidance was positively correlated with permissive parenting style due to limited consistent rules and guidelines to their children in developing self-control and self-discipline³. As a result, it is more likely for the children to engage in procrastination.

Limited studies were found on overprotective as well as neglected parents towards procrastination. In this context, only 4 out of 11 studies looked into these extreme parenting styles. Parents who are overprotected or over-monitored (helicopter parenting styles) will restrain ideas generation, leading the children becomes very dependent on their parents.¹⁶ Besides, children will encounter difficulties in decision making process when received excessively monitored and controlled from their parents.

In contrast, uncontrolled, unsupportive, neglected parents as well as alienation between parental-child relationship were found positively related procrastination.^{5,8,27,34} For example:

‘My father return home late at night and was tired, yet my mother does not address my lesson because he wants to pay attention to my younger brother. When my father addressed my homework, he asked question randomly due to tiredness.’

Student who provided such statement was reported to have a highest level of procrastination due to the dull and apathetic study environment that resulted the loss in motivation.²⁷

V. DISCUSSION

Since children spent most of the time with their parents, parent-child relationship provides an important foundation for children to learn about self-regulate. Some researchers have pointed out that the behaviour of the children is affected by the parent who served as a role model, instructor and reinforcement of certain behaviours. The finding from the study showed that majority of the studies have adapted Baumrind's parenting typologies known as authoritarian, authoritative, permissive parenting styles. Thus, the parenting styles identified by Baumrind and elaborated on by Maccoby and Martin still have a strong empirical basis until today.

Since most of the previous studies were focused on the relation between parenting styles with academically related or general procrastination. More attention is required to focus on other types of dysfunctional procrastination such as decisional and avoidant procrastination. This is because the academically related procrastination is a form of situation-specific task delay. Students may only engage in delaying of academic related task activities but not in other aspects of their life such as looking for a part-time job, attending social events, shopping and etc. Thus, more research to look into the root causes of chronic or dysfunctional procrastination by incorporating the parenting styles, is deemed necessary to enrich the current literature.

While examining the effect of parenting styles and procrastination. Parenting styles characterized high demand with low responsiveness will increase the child's tendency to procrastinate due to the difficulties in developing self-regulated coping skills.⁴⁶ Besides, frequent interaction with angry, non-responsive, intense and instructive manner were associated with high avoidant behaviour among children¹⁹. Therefore, an excessive domination of psychological and behavioural control over from the parents to children will hindrance the development of self-worth and result a high tendency to procrastination.³⁰ While helicopter parents hover and manage their child's life through overly protective and monitor,⁵³ permissive parents provide absolute freedom to their children to do whatever that pleases them. Despite both of these parenting styles started off with good intentions, but continuously hovering and fulfilling demands without condition may create backfire. In this context, permissive indulgent parent who failed to provide proper support to their children will result the difficulty in developing self-regulation skills. On the other hand, excessively monitoring about the children activities make their children become self-handicapping when it comes to task completion and decision-making moment.

Parents who demanding with loves, affectionate, cares and responsive will encourage positive attitudes towards task completion among children. In this context, authoritative parents who encouraged verbal give and take, used reason and shaped to reinforce all important objectives will discuss the reasoning behind discipline. Therefore, their children are intrinsically motivated and able

to solve their own problems.^{1,13,51} Thus, it may lead towards a lower tendency to procrastination.

Even though the research about the impact of uninvolved/neglected parents towards procrastination still remained scarce, parents who failed to nurture will cause their children involve in more externalizing behaviours. In some extreme cases, uninvolved and neglectful parents will choose to reject their children. They only provided some basic needs such as clothes, foods and shelter but not involved in their lives⁴. If the parents fail to fulfil the basic nurturing requirement, their children will have higher tendency to become a poor self-regulated learner and lack of self-confidence.

VI. CONCLUSION

This paper seeks to provide a systematic literature review based on previous studies to analyse the relationship between two variables, known as parenting styles and procrastination behaviours among adolescents. Through the review, we can conclude that different parenting styles adopted by parents will develop different level of self-regulatory skills to their children. In the context, even though both authoritarian and authoritative parenting styles will exercise more psychological control and demand from their children, but the magnitude of responsiveness is totally different. In contrast, permissive and uninvolved parenting are either providing excessive freedom to or no psychological control over their children.

In terms of procrastination, different level of parenting styles will bring different implication to such maladaptive and negative behaviour that undermines learning or self-regulating. However, there is much need to look into the effect of parenting styles so that the issue of procrastination among adolescents can be understood. This review will help to provide a better understanding especially to the parents to adopt and develop a healthy relationship with their children in reducing the tendency to procrastinate.

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