

CORRELATIONAL STUDY OF PSYCHOLOGICAL WELL-BEING AND MALE CHILD PARENTING AMONG MARRIED ADULTS IN ILORIN OF KWARA STATE

By

SANNI, Ramata Funsho

08038134723/sanniramotajike@gmail.com

Department of Educational Management and Counselling, Faculty of Education, Al-Hikmah University Ilorin, Nigeria

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Dr. Lasisi, A. K.

08037156589/aklasisi@alhikmah.edu.ng

Department of Educational Management and Counselling, Faculty of Education, Al-Hikmah University Ilorin, Nigeria

Abstract

This study examined psychological well-being as a correlate of male child parenting among married adults in Kwara State, Nigeria. A descriptive survey of correlation was used. The study was all married adults in Ilorin which were 965,000. A sample of 384 married adults with a male child was purposively selected from the three Local Government Areas in the Kwara Central Senatorial District. The instruments were Ryfe's (1986) Psychological Well-being Scale and Scrotel et al (1982) Male Child Parenting. Two research questions and one hypothesis were answered and tested at a 0.05 significant level respectively. Percentages and Pearson Product Moment Correlation were the statistical procedures employed in this study. The findings showed that both psychological well-being and male child parenting were high among the participants and also that there is a significant relationship between psychological well-being and male child parenting (r . calculated = 0.47, df = 382 and P < 0.05). The study concluded that psychological well-being was a significant correlate of male-child parenting. The study recommended that married adults should ensure that they maintain positive psychological well-being at all times. This would facilitate adequate male-child parenting.

Keywords: Male child parenting, Married Adults, Parenting, Psychological Well-being,

Introduction

Parenting can be seen as the act of training, educating and entrenching social norms and values in children at the micro-social level (Ejike & Juliana, 2012). The increase in children's involvement in social vices such as indecent dressing, cultism, stealing, lying, drug addiction, examination malpractice, hooliganism, thuggery, gambling, smoking, pre-marital sexual activities, rape, and alcoholism across Nigeria in recent times has a poser as to the kind of parenting practices adopted by married couples (Chukwuaguize et al., 2021; Apase & Yawe, 2019). Monteleone (2012) asserted that some parents go to the extent of conveying approval of or encouraging their children's pre-conscious interest in the areas of sexuality, aggression, violence and substance abuse. The high population of children may be responsible for increased waves of moral decadence among children. The United Nations, Department of Economic and Social Affairs, Population Division, (2022) reported that the under the age of 5 stands at 35,907,491 million and under 18 years stood at 110,797,959 million. This high population of children necessitates the kind of parenting two parents (husband and wife) will adopt to be on the same page so as to face the task of raising children, especially male children, successfully.

Psychological well-being is another important factor that exerts influence on male-child parenting. This is a state of mind of parents which is capable of determining the mode of child upbringing. Parents' mental health does influence their parenting methods. It also affects parents' ability to be emotionally supportive and present to children. It is an important part of parents' child relationship and parents' ability to manage stress affects their parenting and male children's emotional support is largely determined by the psychological well-being of parents. It is evident that religion and psychological well-being are crucial factors in determining male child parenting (Agberagba, 2022) 10% of boys are victims yet only 5 out of 100 children.

Parenting is a social act, a responsibility, a process and a role that is essential for society to ensure social stability, harmony and progress. It is an act that demands a high degree of commitment, sacrifice, perseverance, attitude, knowledge, tolerance and determination from conjoin parents in bringing up their wards. It is a sort of function that is institutionalised by the family system in society and goes with a sense of care, relationship, love, compassion and hope. It is an act of close guidance and control of children at the very smallest unit of society which is the family. Parenting male child require positive role modelling, encouraging emotional expression, building self-esteem, teaching responsibility, fostering empathy and compassion and encouraging physical activity (Rana, 2022). Moreover, set boundaries and discipline, encourage learning and exploration, build a strong relationship, be patient and consistent.

Male child parenting can be influenced by age and psychological well-being of parents. Nkechi (2024) observed that parenting and mental health issues hold significant importance in Nigerian society, where societal pressures and the stigma surrounding mental health contribute to challenges in effective parenting practices.

Scholars like Shamah (2011), Kuna et al. (2018) and Kyamru et al. (2019) have shown that age impacted parenting. Also, Meredith (2016), Akinnawo et al. (2020), Benedict et al. (2021), Anyama et al. (2022) and Nwagwu et al. (2023) affirmed the effect of stress and mental health exerts influence on parenting. Thus, proper child parenting is needed to instil good morals in the younger generation (Nwadinobi et al., 2019).

Statement of the Problem

Poor parenting can negatively reinforce undesirable behaviour and corrupt tendencies if parents abandon their responsibilities by not punishing the errant child when he/she acts aggressively towards them or other people (Nwadinobi et al., 2019). Babagide (2016) reported how parents breed children with immorality, he averred that a great moral deficiency leading to social vices across the country has to do with family and moral decline. He suggested that the greatest gifts parents can offer to their children, apart from unconditional love, is a set of values that the parents must promote and exemplify.

Parents' negligence of their primary role of parenting resulting from stressful events, emotional imbalance and poor psychological well-being can make the male child to seek love, emotions, care, and advice from bad friends which could also lead them to commit vices. Poor awareness of negative emotions on the part of the parents can also contribute to poor parenting. Similar studies by Shamah (2011), Kuna et al. (2018) and Kyamru et al. (2019) which examined age's impact on parenting and Meredith (2016), Akinnawo et al. (2020), Benedict et al. (2021), Anyama et al. (2022) and Nwagwu et al. (2023) studies focused independently on stress and mental health. However, there is no in-depth investigation of the combination of psychological well-being as a predictor of male-child parenting among married adults in Kwara State. Hence, the study examined psychological well-being as a predictor of Male Child Parenting among married adults in Kwara State.

Research Purpose

The main purpose of this study is to establish psychological well-being as a correlate of male-child parenting. Specifically, the following were intended to be achieved in this study

1. Determining the extent of psychological well-being of married adults in Ilorin
2. Indicating the extent of male child parenting of married adults in Ilorin
3. Examining the relationship between psychological well-being and male child parenting

Research Questions

1. What is the extent of psychological well-being of married adults in Ilorin?
2. What is the extent of male child parenting of married adults in Ilorin?

Research Hypothesis

HO1: there is no significant relationship between psychological well-being and male child parenting among married adults in Ilorin.

Psychological Wellbeing and Male-Child Parenting

Psychological well-being as a positive mental state defines an individual's self-acceptance, positive connection with others, environmental mastery, autonomy, life purpose, and self-awareness, all of which improve one's quality of life. The mental state of healthcare providers is often overlooked or given little attention in low-and middle-income countries; however, this area of exploration remains a major concern in Nigeria (Nwagwu et al., 2023). Parental psychological well-being plays a crucial role in male child parenting, as it can impact: parenting style which has to do with parents' mental health influences their parenting approach, discipline methods, and emotional responsiveness. Another factor is emotional availability's impact on parents' ability to be emotionally present and supportive. Similarly, parents' mental health and behaviour serve as a model for male children's emotional regulation and coping mechanisms.

In terms of parent-child relationship, parental psychological well-being influences the quality of the parent-child bond, impacting attachment and relationship dynamics and parents' ability to manage stress also affects parenting and their male child's emotional development. Furthermore, parents' psychological well-being affects their ability to set clear boundaries and discipline effectively. It also determines parents' comfort with emotional expression influences their male child's emotional intelligence and expression.

There are many factors which can influence parental psychological well-being like mental health conditions (e.g., depression, anxiety), stress and burnout, relationship dynamics, social support, self-care and personal time. Trauma and adverse experiences as well as personality traits exert a strong effect on the coping mechanisms of parents while parenting their male child.

By prioritizing parental psychological well-being, parents can better support their male child's emotional, social, and psychological development. Given this, the study examined religion and psychological well-being as determinants of male child parenting in Ilorin, of Kwara State.

Aneesh et al. (2024) examined the moderating role of emotion regulation (ER) and the mediating role of social competence (SC) on the relationship between the parent-child relationship (PCR) and psychological well-being (PWB) of adolescents. A total of 358 adolescents from Kerala using a convenient sampling method and the data were collected using self-reported measures for PCR, ER, SC, and PWB. The results showed that the parent-child relationship was significantly correlated with the psychological well-being of adolescents.

Robertson et al. (2024) cross-sectional survey study aimed to compare parents' psychological distress and perceived well-being across five chronic illnesses. Parents from

one Australian pediatric hospital completed the Kessler Psychological Distress Scale and seven purpose-designed items about their well-being. Data from 106 parents were collected. Bivariate Pearson's Correlation and linear mixed-effects models were used for data analysis. The results showed that. Parents' self-reported coping with their child's condition/treatments impact parenting.

Nwagwu et al. (2023) investigated whether family structure moderates the relationship between parenting styles and psychological well-being among nursing students in Imo State, Nigeria. The study adopted a cross-sectional survey design using 338 nursing students selected from two different nursing institutions in Imo State were sampled in this study. Parenting Style Rating Scale (PSRS) and the Psychological Well-being Rating Scale were data instruments. Moderated regression analysis was conducted. The result revealed that parental styles positively and significantly predicted psychological well-being.

Akinnawo et al. (2020) explored perceived parenting styles and psycho-social well-being of Nigerian Adolescents 332 in-school adolescents were purposively selected. Mental Health Continuum-Short Form (MHS-SF) and Parenting Style Instrument (PSI). Descriptive and inferential statistics (Regression, Independent sample t-test and One-way ANOVA) were used for data analysis. Parenting styles significantly predict the level of psychosocial well-being of adolescents. Additionally, Anyama et al. (2022) investigated the stressors faced by parents, the various types of special needs their children have, and the mental well-being of parents in Lagos State, Nigeria. The sample was 300 respondents selected by a stratified sampling technique from fifteen public and private schools in Lagos State. Parental Stress and Psychological Wellbeing Questionnaire (PSPWQ). Two-way Analysis of Variance (ANOVA) and Fisher's Least Square Method statistical tools. The results of the analysis indicated a significant difference where fathers exhibited higher levels of psychological well-being compared to mothers.

Benedict et al. (2021) conducted a cross-sectional survey to investigate the impact of parenting style on the psychological well-being of secondary school adolescents. 300 students were the sample. PAQ and Psychological Well-being scales were used for data collection. The results revealed that permissive parenting exhibited a positive association with anxiety/depression and environmental mastery aspects of psychological well-being. The findings underscore the potential benefits of community initiatives focused on parental training in improving the mental health outcomes of children within the community. A descriptive study by Akinnawo et al. (2020) on perceived parenting styles and psycho-social well-being of Nigerian Adolescents used 332 in-school adolescents as a sample. Mental Health Continuum-Short Form (MHS-SF) and Parenting Style Instrument (PSI) were instruments for data collection. Independent sample t-test and One Way ANOVA) were used for data analysis. The result showed that parenting styles significantly predict the level of psychosocial well-being of adolescents.

Bergh et al. (2019) examined the influence of parental age on children's health outcomes extending beyond the perinatal period. The study delved into the correlation between parental age and child outcomes. The results unveiled a protective impact of advancing maternal age on behavioural issues while revealing conflicting findings regarding paternal age. It was observed that offspring of older mothers tend to exhibit a reduced susceptibility to behavioural and academic challenges compared to those born to younger mothers. In the same manner, Meredith's (2016) research entailed a comprehensive analysis of both qualitative and quantitative data derived from the Mindful Awareness for Parenting Stress (MAPS) Project. This project involved a randomized controlled trial investigating the effectiveness of Mindfulness-Based Stress Reduction (MBSR) in alleviating parental stress

and subsequent behavioural issues in children. 96 parents of male children. Multiple Mediation Analyses were used. The findings showed that parent-child relational stress/frustration significantly mediated the correlation between parenting stress and child outcomes. This mediation effect indicated that heightened parental distress correlated with increased relational frustration, subsequently leading to elevated child behaviour problems. Moreover, Joy (2010) examined the impact of parental relationships on the psychological well-being of adolescents in the southeastern region. A descriptive survey design. 4000 adolescents (2000 males and 2000 females) in Abia, Enugu, Imo, and Anambra States of Nigeria. A questionnaire was for data collection. The findings indicated that adolescents tend to experience more emotional and social challenges compared to personal issues, among other observations.

Methodology

A descriptive survey of correlation was employed in this study, The study was conducted among married adults in Ilorin, Kwara State. The population under scrutiny in this research comprises all wedded adults in Kwara State with a projected estimate of 965,000 (National Population Commission, 2018). A sample of 384 encompassed married adults with male children was selected from the three Local Government Areas in Kwara Central using the Kredjcie and Morgan (1970) table. Purposively, the researcher selected 384 married adults with male children from three Local Government Areas in Ilorin, Ilorin West, Ilorin South and Ilorin East LGAs of Kwara State. The respondents for this study were couples who were fathers and mothers with male-child. The instruments of this study included Ryfe's (1986) Psychological Well-being Scale and Scrotel et al (1982) Male Child Parenting. The psychological well-being scale contained 42 items structured in four Likert formats with response options ranging from strongly agree to strongly disagree. The minimum and maximum obtainable scores are respectively 42 and 168. Scores between 42 and 84 represent low psychological well-being, 85 to 126 represent moderate psychological well-being and 127 - 168 represent high psychological well-being. The psychological well-being scale was reported to have a 0.74 reliability coefficient. The male child parenting has 22 items structured in 4 Likert format with response options ranging from strongly like me to not at all like me. The minimum and maximum obtainable scores are 22 and 88. On this scale, scores between 22 and 44 represent low male child parenting, 45 to 66 represent moderate male child parenting and 67 to 88 represent high male child parenting. The scale was reported to have a 0.73 reliability coefficient.

Data analysis adopted for this study were descriptive and inferential statistical tools. Mean and standard deviation were used to answer the research questions, while PPMC was used to test the only hypothesis of the study at a 0.05 level of significance.

Results

Research Questions

Research Question One. What is the extent of the psychological well-being of married adults in Ilorin, Kwara State?

Table 1

Extents of Psychological Well-being among Married Adults in Ilorin, Kwara State

Types	Range of Score	Frequency	%
Low P. W.	42 - 84	76	19.79
Moderate P. W.	85 - 126	143	37.24
High P. W.	127 - 186	165	42.97

Table 1 shows the results obtained from answering research question one. From the table, it is shown that 76 participants whose scores range between 42 and 84 (19.79%) had low

psychological well-being; 143 participants whose scores ranged between 85 and 126 (37.24%) had moderate psychological well-being; and 165 participants whose scores ranged between 127 and 186 (42.97%), had high psychological well-being. From the table, it is clear that the majority of the participants (165 and 42.97%) had high psychological well-being. Thus, the extent of the psychological well-being among married adults in Ilorin is high.

Research Question Two. What is the extent of the male child parenting of married adults in Ilorin, Kwara State?

Table 1

Extents of Male Child Parenting among Married Adults in Ilorin, Kwara State

Types	Range of Score	Frequency	%
Low M. C. P.	22 - 44	102	26.56
Moderate M. C. P.	45 - 66	66	17.19
High M. C. P.	67 - 88	216	56.25

Table 2 shows the results obtained from answering research question two. From the table, it is shown that 102 participants whose scores range between 22 and 44 (26.56%) had low male child parenting; 66 participants whose scores range between 45 and 66 (17.19%) had moderate male child parenting; and 216 participants whose score range between 67 and 88 (56.25%) had high male child parenting. It is conspicuous from the table that the majority of the participants (216 and 56.25%) had high male child parenting. Thus, the extent of the male child parenting among the married adults in Ilorin is high.

Research Hypotheses

HO1: there is no significant relationship between psychological well-being and male child parenting among married out in Ilorin, Kwara State.

Table 3

PPMC Table Showing the Relationship Psychological Well-being and Male Child Parenting among Married Adults in Ilorin, Kwara State

Variables	No	Mean	St. Dev.	Df	r. calculated	Sig.	P
Psychological W.	384	98.62	14.47	382	0.47	0.00	**
Male Child P.	384	73.73	13.48				

** (Significant at 0.05 critical region)

Table 3 shows the results obtained from testing hypothesis three. From the table, r. calculated is 0.47, the degree of freedom is 382 and the significance is 0.00. Since the significant level is less than 0.05, the null hypothesis is rejected. Thus, there was a significant relationship between psychological well-being and male child parenting among married adults in Ilorin Kwara State

Discussion of Findings

The findings indicate that the extent of psychological well-being and male child parenting among married adults in Ilorin Kwara State was high. The findings show that there was a significant relationship between psychological well-being and male child parenting among married adults in Kwara State. This finding supports the previous result of Akinnawo et al. (2020) who showed that parenting styles significantly correlated level of psychosocial well-being of adolescents. In agreement with this result, Benedict et al. (2021) showed that improving the mental health outcomes of children within the community ensures proper male-child parenting. However, this study finding was in contrast with the submission of Anyama

et al. (2022) who showed that fathers exhibited higher levels of psychological well-being compared to mothers.

Conclusion

Based on the results, the study concluded that there is a significant relationship between psychological well-being and male-child parenting. The study also concluded that the psychological well-being and male child parenting among married adults in Ilorin, Kwara State.

Recommendations

Based on the findings, the study recommended that married adults should ensure that they maintain positive psychological well-being at all times. This would facilitate adequate male-child parenting. The study recommended that married adults should try to incorporate the opinions of other people to achieve good male-child parenting. The study recommended that married adults should build a home and a lifestyle that would ensure proper male child parenting.

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