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RESEARCH ARTICLE

PERCEIVED PARENTING AMONG OCD AND GAD PATIENTS: A COMPARATIVE STUDY

¹*Dr. Neeta Gupta and ²Jitendar Singh

¹Associate Professor, DAV PG College Dehradun

²Student, DAV PG College Dehradun

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ABSTRACT

The present study has tried to explore perceived parenting among patients suffering from Obsessive – Compulsive disorder (OCD) and Generalized Anxiety Disorder (GAD). For this the data was collected on 100 patients equally divided into OCD and GAD patients. They were further classified equally on the basis of gender (OCD=M=25, F=25), (GAD=M=25 & F=25). Bhardwaj et al's (1998) Parenting scale was utilized to measure perceived parenting of the respondents. The results have revealed that: 1. Individuals suffering from GAD scored significantly higher on Carelessness vs. Protection dimension of parenting as compared to individuals suffering from OCD. 2. Significant gender differences were found on two dimensions of parenting i.e. boys as compared to girls scored significantly higher on lenient standard vs. Moralism and Faulty role expectation vs. Realism.

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INTRODUCTION

Parenting or child rearing is the process of promoting and supporting the physical, emotional, social and intellectual development of a child from infancy to adulthood. Promoting refers to the aspects of raising a child aside from the biological relationship (Brooks, 2012). Parenting as the style of the child upbringing refers to a privilege or responsibility of mother and father, together or independently to prepare the child for society and culture (Veenes, 1973a) which provides ample opportunity to a child to find roots, continuity and a sense of belonging (Sirohi & Chauhan, 1991). Parents shape the personality and behavior of their child through their action and temperament (Joshi *et al.*, 2003). Parenting is a complex process that includes many specific behavior that work individually and together to influence child's behavior (Thakur *et al.*, 2011). The most common caretaker in parenting is the biological parents of the child in question, although others may be an older sibling, a grandparent, a legal guardian, aunt, uncle or other family member or a family friend (Robert, 2008). The present study has tried to explore the perception of parenting among OCD and GAD patients. Since both are anxiety disorders it would be very interesting to compare the perception of parenting among them.

OCD is characterized by distressing, intrusive obsessive thoughts and/or repetitive compulsive physical or mental acts (Greenberg, 2017). The DSM-V (2013) defined OCD as it is the presence of obsession, compulsio n or both and the individual attempts to ignore or suppress each thought or urges with some other thought or action. The OCD are time consuming and the symptoms are not attributable to the physiological effects of a substance. GAD is defined by DSM-V (2013) as excessive anxiety and worry occurring more days for at least 6 months, the individual finds it difficult to control the worry and the anxiety symptoms cause clinically significant distress or impairment in social, occupational or other important areas of functioning.

METHODS

Objectives: 1. To identify perception of parenting among individuals suffering from OCD and GAD.

To identify gender differences on parenting among respondents.

Hypothesis: 2. The perception of parenting will differ significantly between individuals suffering from OCD and GAD.

*Corresponding author: Dr. Neeta Gupta,
Associate Professor, DAV PG College Dehradun.

There will be significant gender differences on the perception of parenting among respondents.

Design

The present study has utilized a 2x2 factorial design to conceptualize the study and analyze the data. One variable being psychological disorders divided into two parts: OCD and GAD and other variable being gender of the respondents divided into male and females.

Tools: Bharadwaj et al's Parenting scale was used to measure perception of parenting among OCD and GAD patients. The scale consists of 8 dimensions:

- Rejection vs. Acceptance
- Carelessness vs. Protection
- Neglect vs. Indulgence
- Utopia expectation vs. Realism
- Lenient standard vs. Moralism
- Freedom vs. discipline
- Faulty role expectation vs. Realistic role expectation
- Marital conflict vs. Marital Adjustment.

Respondents were contacted at a pre- appointed time and data was collected through questionnaire. It approximately required 15 minutes to complete.

Statistical Analysis: The data was analyzed using Mean SD and ANOVAs

RESULTS AND DISCUSSION

The results obtained are discussed as under:

Perception of Parenting among OCD and GAD patients

As it is evident from the inspection of Table-2 that only one dimension of parenting was found to be significant across psychological disorder. These results partially reject the first hypothesis stating that the perception of parenting will differ significantly between individuals suffering from OCD and GAD. It is clear from the inspection of Table-1 that individuals suffering from OCD and GAD were found to report significantly different on Carelessness vs. Protection dimension of the parenting. Individuals suffering from GAD were found to report more on carelessness vs. protection dimension of parenting.

Table 1. Mean and SD on all the dimensions of Parenting among OCD and GAD patients.

Parenting dimensions	OCD-- Mean SD	GAD-- Mean SD	Total-- Mean SD
1.REJ vs. Acceptance-- Boys	29.40 9.63	26.72 12.37	28.06 11.01
Girls	24.04 12.01	28.52 11.85	26.28 16.92
Total	26.72 10.81	27.62 12.11	27.1711.46
2..Careless vs .Protection Boys	28.60 10.53	28.64 10.53	27.12 10.52
Girls	24.20 10.21	31.24 9.90	27.72 10.11
Total	26.40 10.37	29.94 10.21	28.17 10.28
3.Neglect vs Indulgence Boys	29.72 12.76	30.72 10.70	30.22 16.73
Girls	30.44 11.69	28.04 11.58	29.24 11.63
Total	30.08 12.22	29.38 11.14	29.73 11.68
4Utopian Expvs Realism-Boys.	29.4 13.27	33.56 12.32	31.48 12.54
Girls	30.2 11.29	29.88 12.64	30.04 16.09
Total	29.8 12.28	31.72 12.68	30.76 12.12
5.LenientStan vs Moralism-Boys	32.16 11.31	30.44 10.56	31.30 10.91
Girls	28.96 9.33	26.32 9.72	27.64 9.53
Total	30.56 10.32	28.38 10.14	29.47 10.23
6.Freedom vs Discipline-Boys	32.52 11.37	26.64 12.03	29.58 16.55
Girls	31.36 12.20	30.72 12.50	31.04 12.35
Total	31.94 11.79	28.68 12.26	30.31 12.03
7.FaultyRole vs Realistic-Boys	32.60 11.45	32.32 12.27	28.36 11.81
Girls	24.48 11.34	32.64 10.06	32.62 10.25
Total	28.54 11.39	32.64 11.16	30.51 11.24
8.MaritalConflict v AdjustmenBoy	14.08 5.58	13.84 6.34	13.96 5.96
Girls	13.20 6.40	13.36 7.51	13.28 6.90
Total	13.64 5.99	13.60 6.92	13.62 6.46
9.Total Parenting--Boys	220.36 31.48	222.88 27.43	221.62 29.94
Girls	215.03 32.73	220.72 23.62	217.86 28.16
Total	217.68 32.11	221.80 25.43	219.24 28.82

Sample: The data for the present study was collected on 100 respondents. 50 belonging to OCD and 50 belonging to GAD. They were further divided equally into males and females. Few precautions were kept before selecting the respondents. The patients of both the disorders:

OCD and GAD were rated by the doctor on a 7-point rating scale and only those patients were selected for the study whose severity of the disease was rated 3 to 5 by the doctor. The Mean age of the boys was 26.1 years while it was 24.8 years for the girls in both the disorders. Only those individuals were selected for the study who lived with their biological parents.

Procedure: The sample was selected using purposive sampling method.

This dimension manifests itself when both or either parents don't pay adequate heed towards child's activities thus giving an impression of unwontedness by careless and unthoughtful negligible behavior towards him even in presence of his proper and worthy behavior in day to day matters. The perception of carelessness in parenting may be a significant factor leading to free floating anxiety in individuals suffering from GAD. No other dimension of parenting were found to be significant across Psychological disorders.

Gender differences in Parenting

Two dimensions of parenting i.e. Lenient standard vs. Moralism and Faulty role expectation vs. Realistic role expectation were found to be significant across gender (Table-2).

Table 2. Summary ANOVAs on all the dimensions of Parenting

Parenting dimensions	df	SS	MS	F-ratio
1 .Disorders	1	20.25	20.25	0.15
Gender	1	79.21	79.21	0.59
DXG	1	320.41	320.41	2.42
2 .Disorder	1	313.29	313.29	4.10*
Gender	1	20.25	20.25	0.19
DXG	1	306.25	306.25	2.88
3 .Disorder	1	12.25	12.25	0.08
Gender	1	24.01	24.01	0.17
DXG	1	27.25	27.25	0.52
4, Disorder	1	94.60	94.60	0.61
Gender	1	54.96	54.96	0.35
DXG	1	132.50	132.50	0.85
5. Disorder	1	118.81	118.81	1.12
Gender	1	334.89	334.89	4.27*
DXG	1	5.29	5.29	0.05
6 .Disorder	1	256.69	256.69	1.83
Gender	1	53.29	53.29	0.36
DXG	1	171.61	171.61	1.18
7 .Disorder	1	388.09	388.09	3.03
Gender	1	445.21	445.21	3.69*
DXG	1	380.25	380.25	2.97
8 .Disorder	1	0.04	0.04	0.01
Gender	1	11.56	11.56	0.27
DXG	1	1.00	1.00	0.02
9 .Disorder	1	424.36	424.36	0.50
Gender	1	353.44	353.44	0.41
DXG	1	64.69	64.69	0.07

1. Rejection vs Acceptance 2. Carelessness vs Protection 3. Neglect vs Indulgence 4. Utopian Expectation vs. Realism 5. Lenient standard vs. Moralism 6. Freedom vs. Discipline 7. Faulty Role Expectation vs. Realistic Role expectation 8. Marital conflict vs. Marital Adjustment 9. Total Parenting.

As it is clear from the inspection of Table-1 that boys were found to score more on lenient standard and faulty role expectations than girls. These report partially support the second hypothesis stating that there will be significant gender difference in perception of parenting among the respondents. Lenient standard of parenting means lesser restriction from ethical and moral freedom and an attitude showing indifference against such inhibitions to and individuality. These results are quite obvious in reference to Indian society where males are given more freedom as compared to girls because they are considered as the breadwinner and policymakers of the society. On the dimension of faulty role expectation boys again scored higher than girls suggesting that the child confuse embarrassed which is always usually expect divergent of his parents. These unpredicted expectation inculcate the anxiety in children especially in boys because as compared to girls they are supposed to bear more responsibilities. No interaction effects across Psychological disorders and gender were found to be significant.

Conclusion

The findings of the present study would contribute a meaningful way by dispelling myths about people with psychological disorders. Most of the parents deal with their psychologically disturbed children differently than their normal counterparts. This study and the other like this can depict the perception of people suffering from different psychological disorders and help people to understand them well. These modification in parents could be made for the welfare of the children.

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