

## **Methods of Parental Treatment and Its Relationship with Emotional Stability among Female Students in Al-Mustansiriya University**

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### **Abstract**

Parental treatment of children is one of the most important factors that play a key role in forming their personality. Equal and tolerant treatment makes the son realize the mercy of his parents towards him, and it has become clear to mental health scientists that the methods of parental treatment leave positive or negative effects on the children's personality. If the son lives in a calm atmosphere dominated by love, tenderness, understanding and tranquility, he will be able to grow in a healthy way, but if the abuse situations increase and their intensity increases, then his personality will suffer from turmoil and conflict, and its effects will always accompany his personality and this will be reflected in the manifestations of his behavior and his emotional balance. The problem of the research lies in A study of negative parental treatment methods by fathers as perceived by the sons of female students of the Faculty of Physical Education and its relationship to emotional stability, the study aimed to identify the methods used in the treatment of children, as well as to know the relationship between the methods of parental treatment and the emotional stability of university students. As for the research hypotheses, there was a statistically significant correlation between the negative parental treatment style and the emotional stability of the research sample. The research sample consisted of (100) female students from Al-Mustansiriya University who were chosen randomly. The researchers used the descriptive approach in the survey style. The research tools were the emotional stability scale and the parental treatment methods scale. After conducting statistical treatments using the statistical program, the results of the research resulted in the existence of a significant correlation relationship. Statistically between the style of parental treatment and emotional stability among female students/Al-Mustansiriya University.

**Keywords:** Emotional Stability, Female Student, Parental Treatment

### **A. Introduction**

Parental treatment methods occupy an important place in the formation of the children's personality and methods of adaptation, as many of the effects of that treatment remain in them to reappear in their treatment of their children in the future. The nature of the family relationship between parents and children has an impact on the psychological and social life of the individual and this effect appears according to the type and nature of relationships or the prevailing parental treatment methods in the home towards the children. The good effect

resulting from it is to make the individual live harmony and harmony, expressing his satisfaction of his motives, desires and needs, and if the effect is bad, it makes the individual poorly balanced in the various areas of his life, and this poor balance leads to a disturbance that affects the individual aspects of the subjectivity and thus his balance is incomplete and not compatible with the collective life. Human continuity is based on multi-level interaction that extends from psychological to social. These two levels, psychological and social, begin with the individual in his first gains in the family, and this is within the framework of the relationship with the parents who ensure the fulfillment and fulfillment of the demands of his physical, psychological and social growth, so he will inevitably interact in his family Which belongs to the middle and this is according to the stage in which the individual lives.

The family environment constitutes a fundamental and important role in the process of shaping the personality of the children and its integration, and the process of their upbringing and upbringing shows many and varied forms, embodied in the behavior of parental treatment, where some fathers practice different methods of abuse such as cruelty, physical and psychological punishment, and humiliation using painful expressions in front of others. They see themselves as mean people. They are born with a feeling of inferiority, hatred, humiliation and oppression, where family circumstances are a factor causing the emergence of emotional behavioral problems, despite the development that we are witnessing in life, and despite the basic foundations approved by religions and human doctrines in emphasizing mercy, compassion and kindness among human beings, and despite the extent of the damage incurred by humanity as a result of Adoption of violence as a tool for communication and focus, and with what a person is experiencing today in the era of modernity, globalization and development, However, this progress was not able to bring peace, kindness, love and intimacy to humanity. As there are many old concepts that remain stuck and entrenched in some human souls until now, despite the progress we are experiencing now. Here we conclude that the behaviors of parents greatly affect the general balance of the children, especially since the university students' segment is the most important segment of society and the most affected by family conditions, and that what our country is going through are harsh conditions and internal and external dangers. And because they are the segment aware of the risks arising from these circumstances on the one hand, and their responsibility to confront and bear those dangers on the other hand, in a way that ensures that they maintain their emotional stability and mental abilities that they seek to develop through acquiring the knowledge that qualifies them to assume the responsibility of leading the society aspiring to them as active contributors to the process of construction, development and prosperity.

### **Research Problem**

When the study turns to a problem or phenomenon such as the phenomenon of family abuse, it immediately comes to mind knowing the solution of the problem as a primary goal in the study, and a problem and complex such as the phenomenon of family abuse is difficult to find radical solutions to it because it is linked to multiple economic, psychological, social (environmental) variables, and there is no doubt that External influences play a big role in creating the problem, and we usually when we look at the problem we do not look at it in a comprehensive way, so we feel the difficulty of the solution, but when we look at a problem we divide it into small parts, and then start treating each part separately. For example, if we say that the phenomenon of family abuse came as a result of modern life, then psychological pressure and frustration, generated from the nature of daily modern life, are among the primary and basic sources of the problem of abuse, and parental treatment deeply affects the personality

of the individual. The methods that parents follow take special importance in preparing the child for social life, where the individual becomes a social being, and the opinions of scholars agree on the importance of the educational methods that parents follow in raising their children and their social upbringing. The soul is unanimously agreed that emotional stability is affected by environmental factors as well as the difficult events and conditions that the Iraqi country has experienced, including destructive and continuous wars and an economic siege that lasted for a long period of time. Which in total led to the crystallization of stressful conditions that had a negative impact on the life of the Iraqi individual and family in all its aspects, especially psychological and social. It is due to it the level of their growth and balance that their personality can be in later on. If the son lives in a calm atmosphere of love, tenderness, understanding and tranquility, he will be able to grow properly. But if the situations of cruelty, abuse, fanaticism and deprivation increase and their intensity increases, his personality will suffer from turmoil and conflict.

In the end, it is necessary to search for solutions that help families to cross this threshold in order to preserve their stability and the physical and psychological safety of their children, so that they can become effective men in society and educators responsible for the generations that follow them.

The two researchers believe that caring for university students is a must, especially when society aspires to create solid foundations for development and advancement in all areas of life. Considering that university students are the conscious segment that can carry on its shoulders the weight of that development and the advancement of civilization in all its forms. Also, caring for the student's personality means, without a doubt, caring for the future of the nation looking forward to prosperity. Through the foregoing, the researchers see that caring for the female university student segment is of great importance, which in turn gives importance to this study, which tries to find out the emotional stability of the university student's personality and whether family abuse has an impact on its stability emotional?

### **Research Objective**

Identify the methods of parental treatment used with the students of Al-Mustansiriya University; Identifying the level of emotional stability of the students of Al-Mustansiriya University; and Identifying the relationship between parental treatment methods and the level of emotional stability for female students of Al-Mustansiriya University.

### **Research Hypotheses**

There are statistically significant differences in the methods of parental treatment followed with female students of Al-Mustansiriya University

There are statistically significant differences in the level of emotional stability for female students of Al-Mustansiriya University

There is a correlation between parental treatment methods and the level of emotional stability for female students of Al-Mustansiriya University

### **Definition of Terms**

Parental treatment methods, parental treatment methods are defined as “those methods that parents use in treating their children during socialization and that have a positive or negative impact on the child’s behavior through the parents’ response to his behavior” (Al Mufleh, 1994).

Parental abuse: defined by Strauss(p): It is the inhuman treatment of children that results in physical injury or general condition disorders, who are victims of some behaviors that leave visible physical effects, aggressive dealings, sadistic behavior, emotional deprivation, exploitation of the child in some work that does not He has energy that is not appropriate for his age and where its long-term impact is dangerous on the emotional development of the child.

Emotional stability: It is the individual’s ability to deal with things patiently and patiently, not provoked or provoked by trivial events, and is characterized by calm and stoicism, rational in facing things, and controlling his emotions, especially (anger, fear, jealousy) (Aziz and Al-Obaidi, 1990, p. 278).

### **Previous studies**

The study of Yunus Taher Khalifa Al-Zubaidi, conducted in 1997, entitled (The quality of decision and its relationship to emotional stability and the location of control). The study aimed to build a measure of emotional balance, as well as to find the relationship between emotional stability and decision quality. The study sample consisted of a group of managers. And the employees in the administration of the study, then, built the emotional stability scale, and the results of the study resulted in the construction of the emotional stability scale. And to the existence of a positive relationship between emotional stability and the quality of decision. (Al-Zubaidi, 1997, pp. 1-146).

Amal Mahdi study conducted in 1998 entitled (Measuring emotional stability for male and female middle school teachers). The study aimed to build a scale of emotional stability. And to measure the level of emotional stability for middle school teachers and female teachers. And to identify the differences in emotional stability according to the variables (gender, age, college). The study sample consisted of 300 teachers and schools in Basra education. Study tool: Building A measure of emotional balance. The results of the study resulted in the construction of a measure of emotional balance. The results showed that the average degree of emotional stability for the sample is less than the hypothetical average of the scale, meaning that the sample complains of weak emotional stability. There are no statistically significant differences according to the gender variable (Amal, 1998, p. 51).

Mahmoud Kazem Mahmoud Al-Tamimi’s 1999 study entitled (The Experiences of Painful Families and their Relationship to the Emotional Constancy of Returning Iraqi Prisoners). The aim of the study: to build a measure of emotional balance. And finding the relationship between the experiences of painful families and the emotional stability of the prisoners and identifying the differences in stability according to the variable (age - number of years of families). As for the study sample, it consisted of 300 returning Iraqi prisoners who were captured during the Iran-Iraq war. The study tool was: building a measure of emotional stability.

The study of Wahid Mustafa Kamel Mokhtar, a comparative study of the level of emotional stability among male and female adolescents in rural and urban areas, "Master's thesis". The problem of the research lies in the extent of knowing the individual's ability to control his emotions and self-control in situations that provoke emotion and the extent of the individual's tendency to aggression, take responsibility, do work and be stable from it and persevere in it as long as possible. Emotional stability among male and female adolescents in rural and urban areas, the sample included (160) male and female high school students in the first year of secondary school, including 40 male and 40 female students in the countryside, and their ages ranged between 15-16 years. The average degrees of prudence between the group of females in urban areas and the group of males in the countryside, in favor of the group of females in the countryside, as well as the presence of statistically significant differences in the average degrees of flexibility between the group of females in urban areas and the group of males in the countryside, in favor of the group of females in the countryside, and this explains the superiority of females in Urban over males in the countryside in the level of prudence and flexibility.

## **B. Methods**

The researchers used the descriptive approach for its suitability and the nature of the study. The research sample included (100) female students from Al-Mustansiriya University, who were chosen by random method. Parental Treatment Styles Scale (Abu Jadu, 1998), the scale consists of (15) phrases that represented all the negative parental treatment methods that the study sought to identify among the female students of the College of Physical Education / Al-Mustansiriya University, so that three phrases were formulated for each parenting style, which are (yes, no, sometimes) The expressions mentioned in some previous studies after being modified to suit the objectives of the current study and the nature of the sample members. Emotional Stability Scale (Al-Tamimi 1999), in order to achieve the objectives of the current research, and based on which stated: "The possibility of the researcher adopting a scientific tool to measure the level of emotional stability of the sample studied in the current research, which has objectivity, and indicators of honesty and stability, and that it contributes to achieving the objectives of the current research." The researchers adopted the emotional stability scale Prepared by (Al-Tamimi, 1999), which is an appropriate measure of the nature of the current research, in addition to being characterized by the characteristics of a good scale, as it has objectivity, and indicators of validity and stability.

As for the response method on the scale, it was designed according to Likert method, as it included five alternatives that were given weights from (1) to (5) as follows: It applies to me to a very large degree (5) It applies to me to a great extent (4) It applies to me with a medium degree (3), it applies to me to a small degree (2), does not apply to me at all (1). The theoretical degrees on the scale ranged between (64) degrees and (320) degrees. The researchers, who prepared the scale, calculated the psychometric properties of the scale, and the following evidence and indicators were available

Self- Validity Coefficient, this type of self-validity is measured by calculating the square root of the test stability coefficient. The statistical analyzes that were conducted to calculate the reliability of the tool resulted in several coefficients due to the use of more than one method in this, and accordingly the researcher can borrow from them the smallest value, and the largest value between which the coefficients of the reliability of the tool ranged, and they are on respectively (0.826) and (0.90) and when calculating the square root of these two values, it was

found that the coefficients of self- validity for the parental treatment methods scale have high and high statistical significance at the level (0.05), and table 1.

Table 1. Self- Validity Coefficients for Negative Parenting Styles Scale

validity coefficient	Value	self- validity coefficient	Sig
Lowest coefficient of stability	0.826	0.91	0.01
Highest stability coefficient	0.90	0.95	0.01

Validity of the content, the apparent validity of the scale was achieved by presenting the scale to a group of experts and specialists in psychology and sports psychology to ensure the validity of the paragraphs of the scale for the purpose measured by the scale, the experts confirmed the validity of the scale for the study with a slight change in reformulating some of the paragraphs that did not affect the content of the scale. In order to calculate the reliability coefficient by retesting the current scale, the negative parental treatment methods scale was re-applied in its final form on (15) students who were chosen randomly, and the interval between the first and second applications was (14) days, and using the Pearson correlation coefficient, it became clear that the correlation coefficient of the treatment methods scale Negative parentage has reached (0.89), and this value is good for the purposes of the current research, as this value indicates that the scale has a stable stability over time.

Content validity, this logical and apparent sincerity was achieved by presenting the scale to a group of experts, arbitrators and from the specializations of sports psychology, and an agreement percentage of (80%) or more was adopted, and it became clear that all the paragraphs are valid and do not need to be modified.

The half-segmentation method as the researcher chose (15) forms, which represent construction forms, and divided the paragraphs into two parts, each of which contained (32) paragraphs, and the discriminatory power of the paragraphs was calculated, and then according to the correlation coefficient from the answers The research sample was on both halves of the test using the Pearson correlation equation, so the reliability coefficient was (0.81). Alpha method for internal consistency: the stability coefficient extracted by this method for the scale was (0.84), which is a high degree of stability coefficient. Its results can be trusted. The final application of the two measures required by the current study, after the researchers performed all the scientific procedures related to the preparation of the two research scales, the two scales were applied to the research sample members as follows the distribution of the two scales, parental treatment methods and emotional stability on the research sample represented by the students of Al-Mustansiriya University, and the application period took from (15/2/2022) to (28/2/2022); and the data for the research was collected and dealt with statistically for the purpose of reaching the achievement of the research objectives.

Statistical means, to treat the data statistically, the following statistical methods were used pearson's correlation coefficient; arithmetic mean; standard deviation; t-test; and percentage.

### **C. Results and Discussion**

The current chapter deals with the presentation and discussion of the results in light of the objectives, as follows: The first objective is to identify the methods of parenting for university

students, and for the purpose of verifying the first objective, the following procedures were taken:

Table 2. The Treatment Methods that Families Use When Dealing with Their Children

N	Paragraphs	Yes	No	Sometimes	father	mother
1	My father hits me when I sin	30%	45%	25%	50%	50%
2	Multiplication is the predominant technique in home	10%	70%	20%	35%	62%
3	I slap my face when I sin.	30%	40%	30%	33%	67%
4	My father hits me with a stick.	10%	70%	20%	60%	40%
5	I threaten to deprive the money.	40%	30%	32%	37%	32%
6	I get threatened every time I do something.	30%	45%	25%	50%	50%
7	Threaten to expel me from the house.	7.5%	87%	5%	35%	62%
8	I threaten to be deprived of my hobbies when I sin.	31%	32%	37%	32%	67%
9	I'm given nicknames to make fun of me	10%	70%	20%	60%	40%
10	My father curses me with harsh words.	10%	60%	30%	70%	30%
11	One of my parents reminds me of my flaws.	20%	50%	30%	5%	40%
12	I am told that I can do nothing.	50%	20%	30%	50%	50%
13	Sometimes I think about leaving school and emigrating because of my suffering from my family	30%	40%	30%	80%	20%
14	I get insulted in front of my brothers and in front of people	20%	60%	20%	80%	20%
15	I don't like to go out with my dad so I don't get offended	20%	50%	30%	90%	10%

Through table 2, which shows the negative parenting methods used by families towards their children from the students of the Faculty of Physical Education, we must have seen the percentages that showed the negative manifestations of this phenomenon, and although it appears in a small percentage, its results may affect the personal growth of the children . The manifestations of abuse such as beating, threats, insults and ridicule extend their negative effects on children to affect the entire society.

As for the second objective of the study, which is to identify the level of emotional stability of the students of Al-Mustansiriya University, its results are shown in Table 3.

Table 3 The Arithmetic Means, Standard Deviation, and the T-Value of the Emotional Stability Scale

Sample	Mean	Std. Deviation	Theoretical Mean	T value		Sig level	Sig type
				Calculated	Tabular		
100	190.14	13.98	210	12.36	1.96	0.05	Sig

Through table 3, which shows the values of the arithmetic means and the standard deviation of the emotional stability scale, when comparing the arithmetic mean of the sample scores of (190.14) degrees with the theoretical standard mean of the scale, which amounted to (210) degrees, it turns out that the arithmetic mean of the sample scores is less than the average Theoretical and this indicates that the research sample suffers from weak emotional stability. And the difference between the two averages is significant, where the calculated T-value amounted to (12.36), while the tabular value was (1.96) at the significance level (0.05) and the degree of freedom (99).

**The third objective of the study was to identify the relationship between parental treatment methods and the level of emotional stability of the students of Al-Mustansiriya University, and table 4 illustrates this relationship**

Table 4. Pearson Correlation Coefficient Between Degrees, Parental Treatment Scale and Emotional Stability Scale for The Research Sample

Scale	Pearson correlation coefficient	Sig level
Negative Parental treatment	0.394	0.05
Emotional stability		

We find through table 4 the emergence of a statistically significant relationship between the measure of negative parenting methods of treatment and the emotional stability scale, with a value of (394.0) below the significance level of (0,05). They have emotional stability.

The results of the statistical treatment showed the percentages obtained by the treatment methods for the students of Al-Mustansiriya University. This research has shown us the multiple manifestations of parental domination, including beating, threats, insults and ridicule. By defining them and identifying their causes and negative effects, we can say that if parents do not raise their children well, this is due to reasons and shortcomings that exist in them, so they resort to negative treatment methods to impose their authority and control. It affects them and thus affects their personality, even if it is weak, as the results showed. It is preferable to use the democratic method in parental treatment through discussion and persuasion, not ignoring their opinions and not making fun of them.

The results of the current research are identical to the results of the study (Turkish, 1974), the study (Mussen, 1974), the study (Al-Atabi, 2001), and the study (Dornbunch, 1985). The results of the study (Al-Rawi, 2002) showed that a small percentage of families use the methods of beating and cursing and mockery of children, but it has a negative impact on the growth of the personality of the individual.

As for the second objective of the study, it was to identify the level of emotional stability of the students of Al-Mustansiriya University. The results of the study showed through the statistical treatments, which were shown in Table (3) that the level of emotional stability is weak in the research sample. The result of the current study, although it calls for pessimism, but it clearly reveals the turbulent psychological state represented by the weak emotional stability experienced by university students, which is an expected result because they are the segment conscious of the dangers of those difficult environmental conditions represented by family conditions as a result of what the family suffers from problems and conditions harsh in addition to the difficult external environmental influences represented by wars and the

accompanying economic crises as a result of the economic blockade, Which was imposed on our country for a long time, not to mention the social and economic changes and crises, this led to standing in the way of achieving their ambitions and thus reaching a good level of their emotional balance.” The whole, and that taking care of it, taking care of it, and directing it is an inevitable matter, and any disruption that occurs in the family leads to the occurrence of different behaviors that affect its mental, psychological, social and physical balance” (Al-Shammari, 2001, p. 44).

As for the third objective of the study, which is represented in the existence of a relationship between the negative parental treatment methods and the level of emotional stability, an inverse relationship appeared between the negative parental treatment methods and the level of emotional stability. This has been shown in most studies that parents neglect their children, not paying attention to them, and neglecting them, making them believe that they do not deserve care and are not qualified for love, which negatively affects their view of themselves, their compatibility, and then their emotional balance (Al-Qaisi, 1998, 67). While the results of the study (Diwan, 1996) showed a negative, statistically significant relationship between the method of neglect and the areas of psychological and social balance. (Diwan, 1996, 1-87).

#### **D. Conclusion**

Through the results of the current study, the researchers concluded the following 1) negative methods of parental treatment constitute a small percentage in dealing with children; 2) university students suffer from weak emotional stability; and 3) there is a correlation between negative parental treatment methods and the level of emotional stability among female students of the College of Physical Education/Al-Mustansiriya University. Through the results of the current study, the researchers recommended the following not to resort to such methods as threats, beatings and other methods of domination, no matter how wrong the children are. It is preferable to use the democratic method in parental treatment through discussion and persuasion and not to ignore the opinions of children. The researchers recommend paying attention first to the research conducted on university students, especially research that studies psychological conditions, and taking the recommendations of researchers and scholars as primary premises in reaching decisions that ensure that the psychological problems that students are exposed to.

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