

## Perceived Parenting Styles and Traumatic Experiences among Filipino College Students: Explanatory Sequential Design

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# PERCEIVED PARENTING STYLES AND TRAUMATIC EXPERIENCES AMONG FILIPINO COLLEGE STUDENTS: EXPLANATORY SEQUENTIAL DESIGN

**Abstract:** Parents play a crucial role in educating their children to lead responsible lives and function effectively in society. The study has two major objectives, namely: to establish the connection between perceived parental style and traumatic experience, while the second objective is to investigate the impact of parenting style on the lives of college students. Based on a social constructivist perspective, the study employed an explanatory sequential design to determine the most perceived parenting style and its relationship to traumatic experience, while the qualitative method was used to comprehend the nuances of these experiences. The study found an inverse relationship between parenting style variables and trauma, suggesting that the more authoritative a parent's parenting style is, the less trauma it may cause. Traumatic experiences can produce both beneficial and detrimental effects. The positive effects include goal setting and self-directedness to escape the dark feeling of trauma, and the negative effects include a high sense of emotional avoidance and suppression with a propensity for trauma accumulation that causes mental health issues. The study concludes that, irrespective of demographic profiles, most parents adopt an authoritative style. Furthermore, how students interpret trauma is influenced by the parenting style employed.

**Keywords:** Parenting style, traumatic experiences, familial factors, resiliency-building, demographic profiles

## Introduction

Parenting involves the process of nurturing a child's physical, emotional, social, and intellectual growth (Checa, 2019). It encompasses various aspects of raising a child beyond the biological connection. The primary goal of parenting is to prepare and safeguard their children, enabling them to thrive in the society they will inhabit. Some individuals enter parenthood without formal education or training, often relying on personal experiences, whether positive or negative (Bi *et al.*, 2018). The family environment represents a significant and enduring influence on individuals, serving as the initial context where potential traumatic experiences can occur through distressing and overwhelming situations (Kleber, 2019). With this, trauma refers to the lasting emotional reaction that often occurs following a traumatic incident in terms of parenting. This interaction within the family can expose individuals to traumatic stress, impacting family dynamics and the transmission of trauma. This trauma can stem from a range of events, including but not limited to, abuse, violence, loss or significant life changes that have lasting effects on family dynamics. Parents' concepts, behaviors, and tendencies are reflected in their parenting style, which leaves an imprint on the physical and mental development of their children. The family unit is considered fundamental to understanding psychological symptoms (Ladge & Little, 2019). It shapes an individual's psychological well-being or may create dysfunctional patterns within the family leading to increased negative mental health outcomes. Early exposure to different types of traumas increases adolescents' vulnerability to various developmental problems, impacting cognitive and emotional adjustment (Bick & Nelson, 2015).

As children transition into adolescence, they may encounter additional events that shape their behavior, influenced by their parent's parenting style and response to specific situations (Sanvictores & Mendez, 2022). Traumatic responses in individuals can be linked to their upbringing and parents' approach to parenting (Vaplon, 2015). This could encompass a range of emotional experiences such as fear, anxiety, anger and emotional numbness and behavioral changes such as avoidance, suppression and self-destructive behaviors manifested

within the family environment. Parents play a critical role in governing and disciplining their children, which directly impacts their emotional, social, moral, and academic development. When there is an imbalance between care and disciplinary measures, a person's trauma can be anticipated, leading to various adjustment problems in children (Bibi *et al.*, 2021). However, existing studies have not sufficiently explored the relationship between trauma and parenting styles, considering the diverse traumas experienced by individuals. Zhai *et al.* (2015) conducted a study demonstrating the significant effects of parenting style and resilience on adolescents' post-traumatic symptoms. Adolescents are particularly susceptible to trauma due to their incomplete development and limited life experiences. Unresolved childhood trauma has the potential to persist into adulthood, and individuals seeking counseling often discover that the root cause of their current issues lies in their early years. This study aimed to understand parenting style and how parenting itself may contribute to traumatic experiences among students and their lasting effects on their lives.

### Objectives of the Study

Generally, the study sought to explore the relationship between perceived parenting style and traumatic experiences and their perception of the parenting style of their mother and father. Second, it sought to examine the parenting style experienced during childhood of college students.

### Hypothesis

The following hypotheses were tested to determine if different parenting styles were associated with traumatic experiences. These hypotheses proposed that the four different parenting styles may be associated with traumatic experiences among college students.

### Conceptual Framework

The conceptual framework of this study illustrates the relationship between parenting styles and traumatic experiences, and how these variables were examined to assess the impact of different parenting styles. The framework draws upon Attachment Theory, Resilience Theory, and Adverse Childhood Experiences (ACE) Theory, which propose that parenting styles can contribute to traumatic experiences during a child's development. By collecting data on the traumatic experiences associated with each parenting style, the researchers will analyze the data to determine the influence of parenting styles.

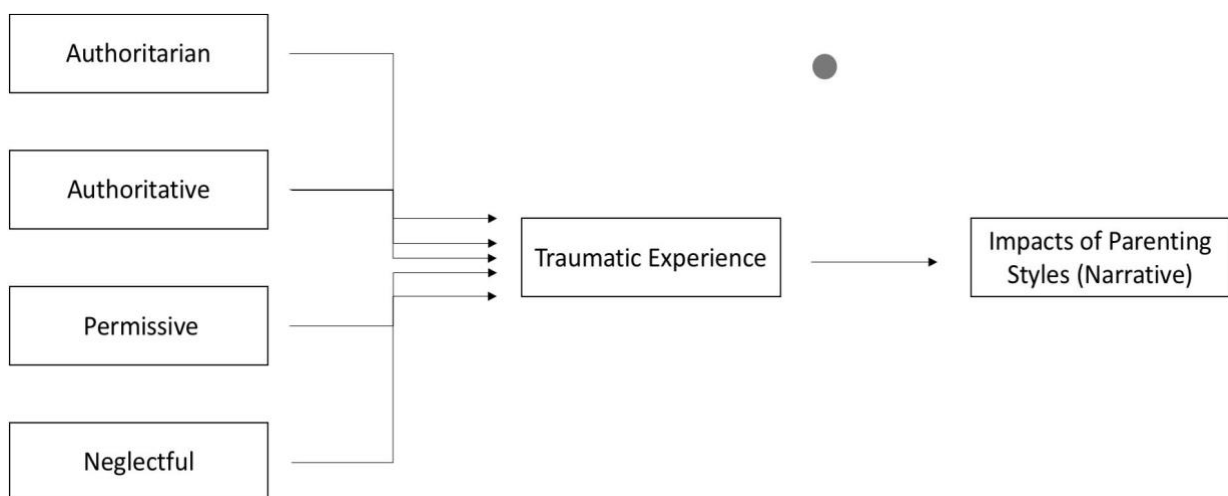


Figure 1 The relationship of parenting style to traumatic experience

## **Methodology**

### ***Research Design***

Based on the nature of the study, this research paper employed an explanatory sequential design. The explanatory sequential design is a mixed-methods approach that combines the strengths of both quantitative and qualitative methodologies to address the research topic. It involves separate phases of quantitative and qualitative data collection, with the findings from each phase being integrated to gain a comprehensive understanding of the research questions and phenomena.

### ***Participants***

The participants for this study consisted of 201 college students from both public and private universities in the Philippines. Participants must have experienced growing up with at least one parent.

### ***Research Instrument***

To implement the explanatory sequential design in this study, two components were utilized: a quantitative component and a qualitative component. For the quantitative part, the following instruments were used:

**Scale of Parenting Styles (SOPS):** This scale, developed by Gafoor and Kurukkan (2014), is a widely used and reliable measure of parental responsiveness and control among South Asian adolescents. It consists of 38 items, with 19 items assessing parental responsiveness and another 19 items measuring parental control. Participants rate each item on a 5-point Likert scale, ranging from 1 (very wrong) to 5 (very right). The SOPS has been employed in previous studies to explore the relationship between parenting styles and various outcomes in adolescents, including academic achievement, mental health, and behavioral problems. The test-retest coefficient of reliability of responsiveness is on a scale of 0.81 and for control is 0.83.

**International Trauma Questionnaire (ITQ).** It is a concise and straightforward instrument designed to assess the core features of Post-Traumatic Stress Disorder (PTSD) and Complex Post-Traumatic Stress Disorder (CPTSD) using simple diagnostic rules. The Cronbach's alpha and MacDonal's omega reliability coefficients for the ITQ PTSD scale (= 0.87; = 0.88) and the ITQ DSO scale (=0.90; =0.90) were both high, indicating good internal consistency (Camden *et al.*, 2022).

Proceeding to the qualitative part, the researchers used a semi-structured open-ended survey interview using Google form to assess participants' experience of their parents' parenting styles and their traumatic experiences and perspectives on parenting impacts and experiences. The concept analysis method would be used to identify the distinguishing characteristics or aspects of the ideas under consideration (Allard, n.d.). It was carried out concurrently with data collection in order to categorize responses such as their understanding of the ideas, their experiences, and concerns from the perspective of a college student that will emerge from the interviews as the questions become more focused.

### ***Data Gathering Procedure***

Researchers obtained informed consent from participants in a manner that is equivalent to face-to-face surveys. Prior to accessing the actual survey or data gathering instruments, participants provide their consent to participate in the study. Afterwards, the participants were provided with a set of questions prepared beforehand that consisted of a set of demographic data such as name, age, sex and the type of family they are in. These family types are also known as nuclear families, single-parent families, extended families, childless families, stepfamilies, and grandparent families (Thompson, 2022). These structures were taken into account in order to

know more about the state of the participant. By adhering to these ethical considerations, researchers can ensure the integrity, welfare, and rights of the participants involved in the study.

### ***Analysis of Data***

The data were gathered through interviews and observation. Furthermore, the researchers consensually recorded the interviews of the participants, which was presented to provide accurate data analysis. Following the interview, the researchers transcribed all of the participants' recorded data and systematically worked on each transcript. In the qualitative part of this explanatory sequential study, the research utilized narrative analysis to interpret the stories of the participants consensually (Delve Ho & Limpaecher, 2020). Thus, the data are examined and interpreted through the utilization of content analysis which is a research methodology for determining the textual meaning of data from the content of messages, whether they are transcripts of interviews/discourses, protocols of observation, video tapes and written documents for communication (Datt & Chetty, 2016).

### **Results and Discussion**

**Objective 1:** What is the relationship between perceived parenting style and traumatic experiences and their perception of the parenting style of their mother and father?

**Demographic Factors.** The participants' ages ranged from 18 to 28 years old. The highest percentage of participants fell into the 19-year-old category, comprising 38.3% (n = 77) of the sample. In terms of gender, the majority of participants were female, constituting 68.0% (n = 136) of the sample, while males accounted for 32.0% (n = 64). The most common type of family among the participants was the nuclear family, comprising 82.4% (n = 164) of the sample. The high prevalence of nuclear families reflects the traditional family structure as the predominant family type among the participants. Regarding the type of school, the majority of the participants attended private schools, accounting for 99.0% (n = 199) of the sample. Among the participants, 82.1% (n = 165) reported living with both parents. A smaller percentage of participants indicated living with their mother only (10.5%, n = 21) or their father only (3.0%, n = 6). Additionally, 4.5% (n = 9) of the participants reported not living with either parent. The implications of these findings are significant in understanding the dynamics of parenting styles and their impact on the traumatic experiences of college students. The high percentage of respondents living with both parents suggested that the study sample is representative of the prevailing loving arrangements among young adults. This increases the generalizability of the study's conclusions to a broader population of young adults living in similar structures. The majority of participants' fathers were married, accounting for 92.0% (n = 184) of the sample. The high percentage of married fathers aligns with previous research highlighting the prevalence of married fathers as the most common civil status among parents. These findings suggest that the sample accurately represents the civil status distribution of fathers in the general population. Similarly, the majority of the participants' mothers were married, comprising 88.6% (n = 178) of the sample. The prevalence of married mothers observed in this study is consistent with research highlighting the prevalence of married mothers as the most common civil status among parents. These findings suggest that the sample accurately represents the civil status distribution of mothers in the general population.

**Perceived Mother's Parenting Style.** In terms of the mother's behavior, the findings suggest that the participants perceive their mother as a reliable resource for financial support. In contrast, the item with the lowest mean (ranked 38<sup>th</sup>) is item number 15. The mean score is 2.98, with an SD of 1.51 which implies that this is the least evident behavior of their mother. The overall mean for the mother's responsiveness is 3.90, with SD of 0.61, which means that their mother's responsiveness level is high, as well as their mother's control level, with a mean of 4.09 and SD of 0.65, which mean that their mother's control is also high.

**Perceived Father’s Parenting Style.** In father’s behavior, it means that the participants generally perceive that their father gives them money for their needs. The overall mean for the father’s responsiveness is 3.65, with SD of 0.82, which means that their father’s responsiveness level is high, as well as their father’s control level, with a mean of 3.90 and SD of 0.86, which mean that their father’s control is also high. This suggested that fathers providing financial assistance can significantly impact their child's development as based on the research on parenting behaviors (Smith *et al.*, 2017). Furthermore, it supports the positive influence of parental financial support on children's well-being and growth which could mean that there could be a positive impact from paternal assistance to their children’s well-being. Duncan and Magnuson (2016) have shown that such support is linked to improved educational outcomes, enhanced physical health, and overall well-being in children. Furthermore, Fomby *et al.* (2020) found that paternal financial assistance specifically was more closely related to children's labor market outcomes. However, it is important to strike a balance that encourages children to become financially responsible and self-sufficient as they transition into adulthood. Based on the research conducted by Patton *et al.* (2021), it highlights the importance of avoiding an overreliance on parental financial support, as it may hinder children's ability to make informed and responsible financial decisions. Excessive dependence on financial assistance can potentially expose children to risky behaviors and hinder their long-term financial well-being. This requires parents, including fathers, to encourage their children's financial literacy and autonomy, striking a balance between support and promoting self-sufficiency (Patton *et al.*, 2021). Based on the study findings, it can be concluded that the participants widely perceive their parents as significant contributors to their lives. However, caution should be exercised when extrapolating these conclusions to the larger population due to potential limitations in the representativeness of the data. Nevertheless, the study suggests that a parent's financial support and participation in a child's play have substantial implications for the child's overall development. It is important for parents to strike a balance in providing these activities, as an excessive or insufficient amount can negatively affect a child.

Table 1 Perceived Parenting Style of the participants in terms of Responsiveness and Control

Parenting Style	Mother		Father	
	<i>n</i>	%	<i>n</i>	%
<u>Responsiveness</u>				
High (2.51-5.00)	194	96.5	184	91.5
Low (1.00-2.50)	7	3.5	17	8.5
<u>Control</u>				
High (2.51-5.00)	195	97.0	188	93.5
Low (1.00-2.50)	6	3.0	13	6.5

Note. *N* = 201.

Table 1 indicates the perceived parenting style of both the mothers and the fathers of the participants with respect to their responsiveness and control. Parenting styles may be divided into four categories based on how demanding and responsive their children find their demands are (Maccoby & Martin, 1983). These categories include indulgent, authoritarian, authoritative, and uninvolved. With a total of 194 out of the 201 participants or 96.5% of the data collected, it was possible to draw the conclusion that most participants thought their mothers were highly responsive to their children. On the other hand, the remaining 7 participants, or 3.5%, were found to be less responsive, this means that their mothers seldom enforce regulations and spend little time with their children. This has allowed the researchers to identify the relationship between parenting style and trauma depending on the number of trauma-experienced students and the type of parenting style they encounter. With this, most of the respondents the researchers have gathered came from families who have an authoritative parent in regards to their fathers and mothers. Therefore, the most abundant type of parenting perceived by college students in the Philippines is authoritative parenting. This result has allowed the researcher to further understand

how the most prominent type of parenting perceived by the students, can cause trauma and impact the life of the students.

Table 2 Perceived Parenting Style of the participants

Parenting Style	Mother		Father	
	<i>n</i>	%	<i>n</i>	%
Authoritative (high responsiveness and high control)	192	95.5	184	91.5
Permissive (high responsiveness and low control)	2	1.0	-	-
Authoritarian (low responsiveness and high control)	3	1.5	4	2.0
Negligent (low responsiveness and low control)	4	2.0	13	6.5

Note. *N* = 201

Table 2 indicates the perceived parenting styles of the participants towards their fathers and mothers. Overall, the highest perceived parenting style, denoted by high responsiveness and high control is the authoritative parenting style, with a total of 192 or 95.5% for the mothers, and 184 for the fathers with a total percentage of 91.5%. This explains the high sense of responsiveness and control from Table 4 as parents are caring, receptive, and supportive, but they also establish strict boundaries for their kids. They make an effort to discipline kids by outlining rules, having discussions, and using logic. They consider a child's perspective, but they do not necessarily agree with it (APA, 2017).

Table 3 Correlation between PTSD Scoring and the Parenting Style Variables

Independent Variable	Correlation Value	<i>p</i>	Interpretation
Mother's Responsiveness	-0.1786*	0.0112	Significant
Mother's Control	-0.2861*	<0.001	Significant
Father's Responsiveness	-0.2434*	0.0005	Significant
Father's Control	-0.3002*	<0.001	Significant

Note. \*Significant at .05 level.

Since all the *p*-values of the correlations are less than 0.05 level of significance, it can be concluded that all the parenting style variables are significantly correlated with the PTSD scoring. Negative correlations are implied in inverse relationships. This can be interpreted as the mother's/father's responsiveness and control increases, the PTSD scoring decreases and vice versa. Table 3 presents the correlation coefficients between PTSD scoring and the parenting style variables, along with the associated *p*-values and interpretations. For Mother's Responsiveness, a correlation coefficient of -0.1786 with a *p*-value of 0.0112 is observed. This correlation is statistically significant at the 0.05 level. The negative correlation suggested an inverse relationship between the perceived mother's responsiveness and PTSD scoring, indicating that as the mother's responsiveness increases, PTSD scoring tends to decrease. Similarly, Mother's Control exhibited a correlation coefficient of -0.2861 with a *p*-value of less than 0.001, indicating a significant negative correlation. Higher levels of perceived mother's control are associated with lower PTSD scores. Father's Responsiveness showed a correlation coefficient of -0.2434 with a *p*-value of 0.0005, which is statistically significant. This negative correlation suggested that as the father's responsiveness increases, PTSD scoring tends to decrease. Finally, father's Control demonstrated a correlation coefficient of -0.3002 with a *p*-value of less than 0.001, indicating a significant negative correlation. Higher levels of perceived father's control are associated with lower PTSD scores.

The findings indicate that there is a significant inverse relationship between the level of the mother's responsiveness and control, and the scoring on both PTSD and CPTSD measures. Hence, as the level of the mother's responsiveness and control increases, the scores of PTSD and CPTSD decrease, and vice versa. Similarly, the level of the father's responsiveness and control was also found to be significantly correlated with PTSD and CPTSD scores in an inverse manner. These results were consistent with previous literature on the topic. Several studies have indicated that a supportive and responsive parenting style is associated with lower levels of traumatic experiences and psychological distress in children (Jones *et al.*, 2017; Smith *et al.*, 2017). For instance, Jones *et al.* (2017) found that children who perceived their parents as more responsive and emotionally available were less likely to develop PTSD symptoms following a traumatic event. This supports the notion that a nurturing and supportive parenting style can serve as a protective factor against the development of trauma-related psychopathology.

These findings have important implications for both clinical practice and public health interventions. Recognizing the impact of parenting style on the mental well-being of children, healthcare professionals should consider providing support and guidance to parents to promote responsive and nurturing parenting behaviors. Additionally, educational programs aimed at increasing parental awareness about the potential consequences of overly controlling parenting practices may help reduce the risk of traumatic experiences and subsequent psychological distress in children.

Table 4 Multiple Regression Model for the Parenting Style and PTSD Scoring

Source	SS	df	MS	F	p	r <sup>2</sup>	Adjusted r <sup>2</sup>	Root MSE
Model	1280.368	4	320.092	7.25	<.000	0.1290	0.1112	6.6425
Residual	8648.180	196	44.123					
Total	9928.547	200	49.643					

Variable	Coefficient	Std. Error	t	p	95% Conf. Interval
Constant	25.068	3.257	7.70*	<.000	18.644 31.491
Mother's responsiveness	3.361	1.941	1.73	0.085	-0.467 7.189
Mother's control	-4.417	1.656	-2.67*	0.008	-7.684 -1.151
Father's responsiveness	-1.717	1.745	-0.98	0.326	-5.159 1.725
Father's control	-0.403	1.548	-0.26	0.795	-3.456 2.649

Note. \*Significant at .05 level.

The p-value of 0.0000 means a significant model. This implies that the model is significant in explaining the relationships between variables. The R-squared value of 0.1290 implies that only 12.90% of the variation in PTSD scores was explained by the independent variables. There is still 87.1% which can be due to other variables not included in the study. For the independent variables, only the mother's control has a significant value of 0.008. The rest of the independent variables are not significant in explaining PTSD (with p-values >0.05). Thus, the coefficient -4.42 implies that an increase in the mother's control level leads to a decrease in PTSD scoring by 4.42 units on average, holding the other variable constant. Table 4 shows a significant unfavorable relationship between the mother's responsiveness and the results on the PTSD and CPTSD measures. Consequently, a mother's PTSD and CPTSD scores increase as her attentiveness and control do, and vice versa. Similarly, it was discovered that the father's level of control and attention to detail was inversely related to his PTSD and CPTSD scores. Additionally, previous research has suggested that authoritarian or overly controlling parenting styles may result in higher levels of psychological distress in children (Christie *et al.*, 2019), which is consistent with the negative link between parenting control and PTSD and CPTSD scores. It could be more difficult for children who lack independence or feel their parents are overly controlling.



**Objective 2:** How does the parenting style experience during their childhood impact the lives of college students?

Thematic analysis was conducted to explore the impact of parenting style experiences during childhood on the lives of college students. Nine superordinate themes emerged from the interviews, including behavioral changes, life adjustment, inner drive, hyperawareness, childhood traumatic experiences, effects of traumatic experiences with mother, the negative impact of strict parenting, lingering impact of childhood trauma, and motivation to protect siblings from repeating childhood problems. These superordinate themes encompassed subordinate themes such as passive interaction silent overcoming and personal adjustments, anticipatory socialization, future dreams and true purposes, new environment, emotional neglect, physical neglect, or physiological neglect, emotional passivity and self-reliance, invasion of privacy and emotional distress, inescapability and accumulation of trauma, and sense of responsibility and care for siblings. The survey participants' statements highlighted the relationship between traumatic experiences with their mothers and their thoughts, emotions, and overall growth. Participant 1 mentioned heightened self-analysis and consequential thinking resulting from their traumatic experiences. Participant 2 revealed emotional avoidance and suppression as well as adaptation and transformation as responses to the trauma. Participant 3 mentioned changing their behavior around their mother to overcome the circumstances.

The participants also shared their most significant childhood experiences. Participant 1 emphasized being left, reflecting feelings of abandonment or separation. Participant 2 recounted strict parenting, including an invasion of privacy, resulting in mental and physical exhaustion. Participant 3 considered the day they moved to a new home as their most significant experience, indicating a major life transition. The participants' responses further provided insights into the impact of their traumatic experiences. Participant 1 expressed a heightened awareness of actions and reactions, considering the effects on both themselves and their mother. Participant 2 highlighted the lingering impact and unaddressed nature of their trauma, unable to be replaced by any positive actions from their family. Participant 3 described the life-altering adjustment they went through as they adapted to a new environment and community. Despite the challenges they faced, the participants displayed resilience and determination. They shared their personal goals, including graduating with a degree and getting a stable job to support their family, living comfortably with a future family while providing care and understanding, and creating a loving family as responsible parents. Lastly, the thematic analysis revealed the diverse impact of parenting style experiences during childhood on college students' lives. The analysis shed light on the cognitive, emotional, and behavioral patterns influenced by traumatic experiences with mothers. The participants' responses demonstrated the lasting effects of these experiences, as well as their resilience, personal growth, and determination to create a positive future for themselves and their families.

## **Conclusion**

The study was conducted in two sequential parts, each part is essential in order to gather the necessary results required to answer all of the statements of the problems. The questionnaire has assisted the researchers in order to know the perceived parenting style of the respondents toward their fathers and mothers, and the relationship between those styles of parenting with regard to traumatic experiences. The second one is the qualitative part of the study by the use of another survey questionnaire answered by the respondents who have garnered the highest trauma scale, this has allowed the researchers to analyze how traumatic experiences can influence the life of students.

Based on the outcome of the study, in line with the tabulated result for the scale of parenting of each parent perceived by the respondent, the researchers were able to conclude that the most perceived prominent parenting style among college students in the Philippines is authoritative parenting, no matter their family type and demographic profile, each mother and father mostly have a high level of responsiveness and control. This parenting style is evident to almost 97% of the respondents, as this parenting style was said to be the healthiest

type of parenting style which results in a greater outcome in a relationship between parents and children (Li, 2016), knowing how this parenting style can influence trauma and the relationship between the two would be critical.

The relationship between parenting style and traumatic experience was said to be inversely proportional. This means that the higher the level of responsiveness and control, the lower the trauma experienced by the respondent. This would explain how none of the participants were said to be diagnosed with PTSD and CPTSD as most of them came from mothers and fathers who use authoritative parenting as their parenting style. Therefore, the more a parent uses authoritative parenting, the lesser the trauma it may inflict. In order to utilize the result of the ITQ questionnaire and to further analyze the relationship between the variables of the study, the researchers noted the top three respondents who scored the highest on the trauma scale. This would allow the researchers to understand how despite being in the most perceived healthy type of parenting style, one can still view their experience as trauma.

Overall, the qualitative part of the study concluded that the trauma one experienced during childhood created an impact on their life as a college student as it created a huge adjustment in terms of social, emotional, and personal relationships. The trauma influenced them in two ways, positive and negative. It causes them to be more persevere in terms of reaching their life goals and finding the true purpose of their life in order to escape the dark feelings their trauma cause. On the other hand, it also causes them to have a high sense of emotional avoidance and suppression which means that their trauma causes them to not deal with their emotional problems more deeply and makes to, have the tendency to avoid issues causing trauma accumulation.

These results made the researchers depict that despite the type of parenting style, trauma would still be present among children, and it is upon them how they would use that experience, would it be for the better or worse. This could serve as proof that despite the inverse relationship between the parenting style variables and trauma, and even if parents have a high level of control and responsiveness, traumatic experiences can still be felt as it depends on the child how they would interpret the parenting style of their parent. In conclusion, it depends on how a child would view the control and responsiveness of their parents towards them that could cause their trauma.

## **Recommendation**

Based on the study's conclusions, several research recommendations are proposed. Firstly, it is advised to encourage parents to adopt an authoritative parenting style that combines high responsiveness and control. This will help cultivate a healthy and nurturing environment for college students. Research supports this recommendation, showing that authoritative parenting promotes positive outcomes in children, such as higher self-esteem and improved academic performance (Baumrind, 1991). Furthermore, providing parenting workshops or educational programs can enhance parents' understanding and skills in implementing authoritative parenting practices, thereby fostering a supportive environment for college students (Dumas *et al.*, 2012). Future research should focus on exploring the cultural and contextual factors influencing parenting styles and their impact on the well-being of college students. This will enable the development of tailored interventions for diverse cultural backgrounds (Chen & French, 2008).

Regarding the connection between parenting style and traumatic experiences, it is important to raise awareness among parents about the potential impact of their parenting style on their children's mental health and traumatic experiences. Parents should be informed about how parenting styles influence trauma outcomes, enabling them to make informed decisions about their parenting practices (Jaffee *et al.*, 2013). It is crucial to implement trauma-informed practices and interventions within educational settings to provide support for college students who have experienced trauma, regardless of their parenting styles. These trauma-informed approaches ensure a safe and supportive environment for all students (SAMHSA, 2014). Longitudinal studies are necessary to

examine the long-term effects of parenting styles on trauma outcomes and mental health across different stages of development. Such studies can provide insights into the resilience or vulnerability of individuals from various parenting backgrounds (Fergusson *et al.*, 1996). Finally, regarding the impact of childhood parenting style on college student's lives, it is recommended to integrate trauma-informed counseling services within colleges and universities. This integration will offer specialized support for college students who have experienced childhood trauma, aiding in their healing and recovery (Merrick *et al.*, 2017). Additionally, implementing resilience-building programs and activities on campuses can help college students cope with the effects of childhood trauma and promote their overall well-being (Ungar, 2013). Collaboration between mental health professionals and academic institutions is crucial for developing comprehensive strategies to identify and address the emotional and psychological needs of college students with a history of childhood trauma (Katz *et al.*, 2019). By implementing these recommendations, parents, educational institutions, and mental health professionals can contribute to creating a supportive and nurturing environment for college students. This approach will help mitigate the negative effects of trauma and enhance their overall well-being.

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