

# Impact of Father's Authoritarian Parenting Style on Humor and Happiness among Pakistani College and University Students

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## ABSTRACT

**Aim of the Study:** The main aim of current research was to explore the impact of father's authoritarian parenting style on humor and happiness along with students.

**Methodology:** The sample comprised of (N=200) students. The data was taken from University of Sargodha and public colleges. Purposive sampling technique was used to gather data. Parental Authority Questionnaire (PAQ: Buri, 1971), Need for Humor (NFH) developed by Cline, (203), and Happiness Scale developed by Lyubomirsky (1999) were used to operationalize and collect the data from participants.

**Findings:** Father's authoritarian parenting style was positive predictor of happiness. Results revealed that male were high on humor and happiness. Implications of research, besides its limitations and recommendations, for father research have been discussed.

**Conclusion:** The recent research elaborates the outcome of father authoritarian parenting style on humor and happiness between students. Results of the research reveals that intensity of humor is more in males as compared to females. In happiness males are high as compared to females. Father's authoritarian parenting style is a negative predictor of humor and happiness.

**Keyword:** Father's Authoritarian Style, Humor, Happiness.

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## 1. INTRODUCTION

In order to sharpen the behavior and attitude of children parent play a major role (Arzeen et al., 2023; Laghari et al., 2024). The manner they conduct yourself and have a discussion among other present the atmosphere about their brought up. Though, in these fundamental only sometime of life, your child isn't just developing verbal communication and contact skills, but also their personality. Most investigators who try to define this comprehensive parental site depend on Diana Baumrind's idea of parenting technique. The concept of parenting technique is used to grasp usual differences in parents' efforts to organize and socialize their children (Baumrind, 1991).

Both points are crucial in understanding this description. Primarily, parenting approach is meant to define usual differences in parenting. In further terms, the parenting style typology established must not be assumed to take indifferent parenting, such as might be detected in insulting or careless homes (Somya and Singh, 2023; Zaib et al., 2023). After that, Baumrind considers that typical parenting rotates about issues of manage. Here numerous aspects disturbing mental fitness, self-concept and worth of life of the kids. Investigation has revealed that all parent, regardless of every type of environment, cares and does have great prospects for their children's schooling (Trawick, 1997).

### ***1.1 Elements of Parenting Styles***

Parenting style grasp two essential fundamentals of parenting:

- Parental responsiveness
- Parental demandingness

Parenting style (also termed as parental help and warmness) it refers to "the rate at which parents intentionally encourage their children also by making them self-action and self-confidence and also by supporting and focusing to children common needs and demands". Parental demandingness (also termed as parental monitoring and control) it refers to "the way how parents make their children to accommodate or combine into the family under their supervision and their disciplinary efforts and make they ready to face disobedient child". (Baumrind, 1997)

### ***1.2 Parental style types***

Investigators have purposed four types of parenting styles.

### ***1.3 Authoritarian Parenting***

Children have to follow whatever their parents say. They also don't let their children involve in any sort of strategic challenges and hurdles. Such children of authoritarian parents are at greater risk of developing self-confidence problems because of being un-valued. (Maccoby & Martin, 1983)

### ***1.4 Characteristics of Authoritarian Parents***

*Socialize your children:* To the moral values and prospects of your traditions and culture is one of the basic fundamentals of parenting.

*You show less warmness or efforts during growing age:* Couple of times your children may become shirker or idler, but that doesn't allow you to become unfriendly or very aggressive toward them.

*You default of shaming instead of positive reinforcement:* Good parenting must have transferred good and positive moral and values through a way that automatically be seen in your child feelings.

*You are impatient with misbehavior:* Being an authoritarian parent you must not allow your children to get involved in un-desirable behavior.

*You have trust issues:* If you don't trust you children choices then now is the time to change your parenting style. Those children that are being brought up by authoritarian parents they don't have the choice to prove that they have a good behavior.

*You show no feeling or empathy:* The authoritative parents show no feelings or understanding towards their children.

***Effects of authoritative parents on a child.*** Some of the negative effects are given below.

*Low self-esteem:* Appreciating good attitude helps to strengthens discipline while criticizing makes the child de-moralize and un-potential.

*Difficulty in social situation due to a lack of social abilities:* During the young age it is very important for children to develop their social skills.

*Children may display aggressive behavior outside the home:* Negative behavior in children might occur due to strictness or physical punishment.

*They cannot accept failure:* When we make them clear to always get it right such children in achieving something may live under the pressure.

**Authoritarian parenting.** Authoritarian parents have proper rules and regulation but they also take their children's point of view in to account. During the 1960s, Diana, an evolving psychologist purposed three kinds of parenting styles based on her study with fellows. Father's parenting methods were suggested to have good effects on students as compared to parenting style of mothers. (Bumrind, 1991)

**Permissive Parenting.** There is a rapid increase in internet use worldwide. Accurately, above 90% of the Hong Kong's citizens use internet and 70% of their children between age group of 6-17 years have daily access to it.

The COVID-19 pandemic and its preventive measures (e.g. dis-continuing physical classes, lockdown of markets and restaurants) has deliberately increases the use of internet in the daily lives of children.

**Un-involved parenting.** These parents have less knowledge regarding their children. There are very few rules which may led to less guidance and less parental attention.

**Signs and characteristics of uninvolved parenting.** Characteristics of un-involved parent include:

1. Aiming on your own problems and desires
2. No matter its work, a social life away from kids or other interests
3. Deficiency of interest in child's activities
4. No proper rules & regulation for or expectations for attitude.

**Other parenting styles.** Some other parenting styles are written below:

**Attachment parenting.** Relating in psychology it is defined as "a long emotional bond among people" (Zhao, 2010)

**Positive parenting.** The parenting style that touches deliberately with the authoritative parenting and described by steady support direction through growing phases.

**Narcissistic Parenting.** The parent that is affected by self-love or selfish personality disorder. Which may result in a design of self-love connection, will the child consider exiting only for parent's benefit. (Biderman,1992)

## **1.5 Humor**

In the recent western culture, the humor is highly considered as highly required good personality aspect. Such individuals having a good sense of humor are possibly being able to survive with stress, in order to go good with others, and also to have a good psychological and physical health (Lefcourt, 2001). Transformation of humor concept Rush has drawn the origin and history of "humor" which made in historical Greek theory of four humors or bodily fluids (blood, phlegm, black bile& yellow bile) that were supposed to effect all aspects of bodily and psychological function.

Variating from other laughter-related phenomena (e.g. wit, comedy, sarcasm, irony, satire, ridicule) humor is now used to refer completely to a sympathetic, tolerant, and kind pleasure at the problems of world and the weakness of human nature (Gardner, 2008).

**Relief theory.** It says that laughter is a balancing mechanism by which psychological stress is reduced. Humor might help to diminish the stress caused be someone's fear.

## ***1.6 Happiness***

Happiness in psychology has two dimensions. Firstly, happiness is a broad term discussed in many theories of well-being. Such theories roll over attractive and quality experience, positive proves about self and the world, or positive psychological functioning. Secondly, happiness is considered a common emotion by most researchers within the psychology of emotions.

Most authors use happiness as a legal psychological term within the well-being literature (Diner et al, 2000), while some consider happiness very large for psychological term (Seligman et al, 2005).

Scholars have most basically differentiated two process of happiness: hedonism, and the life satisfaction theory. Hedonist assembles happiness with the person stability of good over bad experience, in the same way as that of healthcare hedonists do. These efforts tend to provide the identification of happiness with pleasure and this might be our primary concern and above all of them happiness is all that matter for well-being. (Lyubomirsky, 2001)

***Life satisfaction.*** Researchers recognize happiness with having a descent behavior toward one's life. It also includes some collections of judgments about some special things within one's life. (Myers et al.1995).

***Hybrid Theories.*** It provides an excellent solution to our vast thoughts regarding happiness: it recognizes happiness with both life satisfaction and pleasure state, perhaps parallel to other states such as field satisfaction. The absolute candidate here is subjective well-being, which is defined as an element or compound of life satisfaction, area satisfaction or positive & negative aspects. The major consequence of hybrid theories is their briefness: all the processes of subjective well-being seem important, and there might be no structure of subjective well-being that doesn't get included at times in "happiness" in normal use (Scheier and Carver, 1985).

## ***1.7 Rationale of the Study***

Parenting style is a causal and actual feature that plays significant role in children psychopathology and progress. In the current study, ponderable points in parenting style's physical presence of parents at home. Parenting style has greatly impact on how children grow in adult, and there are significant consequences of their upcoming achievement. Parenting style can also be affected by worries the parents has another area of his or her life (Kendall, 2012).

Humor lessens the stress level, and helps us to see the stress causes from different point of view and strengthen social interaction. It makes us happy and also is very good for our immunity and memory. Clown doctors make hospitals in which patient laugh and depressed patient might find their laughter with humor training-for example, in psychotherapy with wild. Schizophrenia can steal the ability to understand jokes at all. Specifically, when we are having a bad day, work related issues or any sort of health problems, humor helps us out in all aspects. It doesn't completely resolve our issue but lessen our stress level and help us to view the world with different vision (Renata Britvic, 2017).

Happiness has also been related to well decision-making and enhanced inspiration. Therefore, rather than success being the key to happiness, study shows that happiness could in-fact be the key to success. But it doesn't just help us function better: happiness also brings considerable welfares for society as a whole (Mark Williamson, 2014).

Some objectives were expressed in order to attain the study goal.

1. To discover the gender differences in humor and happiness.
2. To find out the outcomes of father authoritarian parenting style on humor.
3. To find out the outcomes of father authoritarian parenting style on happiness.

## ***1.8 Hypotheses***

Following hypotheses were formulated on the bases of aforementioned discussion:

**H1.** There would be important gender alterations in humor and happiness.

**H2.** Father authoritarian parenting style would be important analyst of humor.

**H3.** Father authoritarian parenting style would be important analyst of happiness.

## ***1.9 Operational Definition of terms***

Authoritarian parenting style has been operationalized for recent study through the parenting style questionnaire by Buri, (1971). It's a multi-dimensional scale of parenting style. The higher score will lead to higher level of parenting style.

**Humor.** Humor has been operationalized for recent study through humor scale by Cline (2003). The higher score will lead to higher level of humor.

**Happiness.** The word happiness is use in the setting of psychological or arousing states, as well as optimistic or enjoyable arousal ranging as of serenity to powerful joy (Tatarkiewicz 1976).

## **2. METHOD**

### ***2.1 Research Design***

For the present study survey investigation design was use to check of outcome of father's authoritarian parenting approach on humor and happiness among students.

### ***2.2 Sample***

The sample was ( $N = 200$ ) participants further categorized as girls ( $n = 100$ ) and boys ( $n = 100$ ) of public colleges and university of Sargodha. We used purposive sampling technique to select the students. The participant's age range was 16-25 years.

### ***2.3 Instruments***

Following instruments were used in the present study:

#### ***2.3.1 Parental Authority Questionnaire (PAQ)***

The PAQ is planned by Buri, (1971) to check the parental authority, or disciplinary performances, from the point of view of the child (of any age). Substances related to father's authoritarian parenting styles were used to check in recent research. The current article defines a 30-item Likert-type instrument planned to check the permissive, authoritarian, and authoritative parenting provided by both mothers and parents. The reliability for father's authoritarian parenting style is ( $\alpha = .92$ ).

#### ***2.3.2 The Need for Humor (NFH)***

The NFH is planned by Cline, (2003). The NFH scale included 12 items and participants valued all items were rated on 7 likert scale ranging (1 = very strongly disagree to 7 = very strongly agree). The reliability of NFH was ( $\alpha = .70$ ).

#### ***2.3.3 The Happiness Scale***

The scale is planned by Lyubomirsky, (1999). A 4-item scale planned to check subjective happiness. The final four items and their response setups of 7 Likert scales ranging (1 = very strongly disagree to 7 = very strongly agree). The alpha reliability of the scale reported by author was .65.

## 2.4 Procedure

First of all, consent was required from the supervisor and head of department of psychology for data collection. Then consent was taken from respective colleges and universities. Before the administration of test, a brief introduction about the test was given to the respondents. They will be informing of about the nature of the study and informed consent was ensured. It was also ensured that their identity and provided data will remain confidential. After the data collection the participant were warmly thanked.

## 3. RESULTS

Table 1: *Pearson correlation among research variables (N = 200)*

Variables	1	2	3	M	SD	A
1	-	.60**	.36**	39.81	7.52	.75
2		-	.52**	59.26	10.50	.81
3			-	19.28	3.42	.51

Note. 1 = authoritarian parenting style; 2 = humor; 3 = happiness.

\*\* $p < .01$ .

Table 1 shows Pearson correlation among study variables. The findings indicate that authoritarian parenting style has significant positive correlation with humor ( $r = .60^{**}$ ,  $p < .01$ ) and happiness ( $r = .36^{**}$ ,  $p < .01$ ). Humor has significant positive correlation with happiness ( $r = .52$ ,  $p < .01$ ).

Table 2: *Authoritarian parenting style as predictor of humor (N=200)*

Predictor	Model B	Outcome: 2 95% CI	
		LL	UL
Constant	25.79	19.44	32.15
1	.84***	.68	.99
$R^2$	.36		
$F$	11.69***		

Note. 1=(APS); 2 = humor

\*\*\* $p < .001$ .

Table 2 shows the findings of linear regression analysis, which was computed with the authoritarian parenting style as a predictor variable and humor as an outcome variable. Results revealed that authoritarian parenting style was significant positive predictor of humor as it causes 0.36% variance in outcome variable ( $\beta = .60$ ,  $p < .001$ ).

Table 3: *Authoritarian parenting style as predictor of happiness (N=200)*

Predictor	Model B	Outcome: 2 95% CI	
		LL	UL
Constant	12.61	10.20	15.02
1	.16***	.10	.22
$R^2$	.13		
$F$	30.80***		

Note. 1= authoritarian parenting style; 2 = happiness.

\*\* $p < .001$ .

Table 3 shows the findings of linear regression analysis which was computed with the authoritarian parenting style as a predictor variable and happiness as a result variable. Authoritarian was significant and

positive interpreter of happiness ( $\beta = .36, p < .001$ ). The  $R^2$  value of .13 indicated that a 0.13% variance in the dependent variable caused by the predictor variable.

**Table 4:** Mean, Standard Deviation and  $t$ -values for male and female on authoritarian parenting style, humor and happiness ( $N = 200$ )

Variable	Male( $n=100$ )		Female( $n =100$ )		$t(198)$	$P$	95% CI		Cohen's $d$
	$M$	$SD$	$M$	$SD$			LL	UL	
1	44.91	5.92	34.67	5.09	11.77	.00	8.68	13.61	1.85
2	65.50	7.95	53.09	8.96	10.33	.00	10.05	14.79	1.46
3	20.53	2.59	18.04	3.70	3.38	.00	1.59	5.50	0.77

Note. 1 = authoritarian parenting style; 2 = humor; 3 = happiness.

Table 4 Describe mean standard deviation and  $t$ -values for man and women students on authoritarian parenting style, humor and happiness. Outcome indicate significant mean differences on authoritarian parenting style  $t(198) = 11.77, p < .01$ . The findings shows that man students significantly scored high on (APS) ( $M = 44.91, SD = 5.92$ ) as compared to female students ( $M = 34.67, SD = 5.09$ ). Outcome show considerable mean differences on humor with  $t(198) = 10.33, p < .01$ . The findings show that male students scored high on humor ( $M = 65.50, SD = 7.95$ ) as compared to female students ( $M = 53.09, SD = 8.96$ ). Furthermore, result revealed significant mean difference on happiness  $t(198) = 3.38, p < .01$ , male students scored higher on happiness ( $M = 20.53, SD = 2.59$ ) as compared to female students ( $M = 18.04, SD = 3.70$ ).

#### 4. DISCUSSION

The recent research targeted at inspecting “The impact of father’s authoritarian parenting style on humor and happiness among students”. In order to attain the above objectives, three tools, father authoritarian parenting style scale by Buri (1971), Humor scale by Cline, (2003) and happiness scale by Leeper, (1999) were used.

The psychometric analysis instruments designate that scale were dependable instruments for assessing precise traits i.e. (FAPS), humor and happiness. The reliability of father’s parenting and the dependability of humor and reliability of happiness. Scale is controlled on a sample of students.

Mean and standard deviation of scales were calculated. Results show that range of mean score on father’s authoritarian parenting style, humor and happiness.

It was assumed that there should be major gender difference in humor and happiness. The result showed major mean difference so the hypothesis was supported as the results that males are scored high on humor as compared to females. Results show that males scored high on happiness as compared to females. (See hypothesis H1).

Eivin-Tripp and Lampert, (1992) found men’s humor likely to be used to higher than women’s. Several researchers have found that humor produced by men is refereed to be more humorous than that produced by women, (Brodzinsky & Robin, 1976). Crawford and Gressly, (1991) used the study, by Nevo, (2001) was directed on men and women in Singapore found a remarkable sense of humor of males.

The findings exposed major gender differences advised that boys reported more happiness than females. It was assumed that the father authoritarian parenting style would be major predictor of humor. The value shows that change in the dependents variable was caused by the predictor variable as father’s authoritarian parenting style is a major negative predictor of humor (see hypothesis H2). The findings are steady with previous research as Jackson, (2005) conveyed in his study that the authoritarian parenting style of parents is tough and uncaring. They convey slight common message and they visualize their children behave like an adult without asking any question thus makes their kids less happy. Power-assertive methods of socialization (threats, orders, bodily vigor, and love departure) use by authoritarian parents and confine children’s clarity and take them towards sadness (Zupancic, 2004).

It was assumed that the father authoritarian parenting style would be major predictor of happiness. The result showed major findings so the hypothesis is supported. Father authoritarian parenting style as a negative predictor variable and happiness as result variable (see hypothesis H3). These results are constant with the findings of many studies (Reina, 2010). In this vein, Carmona and colleagues found that the worth and the closeness of parent-child relationship associate with social outcomes of children in risky conditions (Milesky, 2007).

## **5. CONCLUSION**

The recent research elaborates the outcome of father authoritarian parenting style on humor and happiness between students. Results of the research reveals that intensity of humor is more in males as compared to females. In happiness males are high as compared to females. Father's authoritarian parenting style is a negative predictor of humor and happiness.

### ***5.1 Limitation of study***

The study has its certain limitations. The data is collected from sample of population.

- Like any other social science study, this presents study is also not free of restrictions, so, several issues which can't be controlled and weaken the relationship between study variable.
- Quantitative method is used for data collection, and only quantitative analysis is done.
- Another Limitation is the social desirability issues. Social desirability is a significant phenomenon, which was not controlled in this study. Respondents were also giving the aspect of social desirability when filling the social competence and self-discipline questioners.

### ***5.2 Suggestions of the study***

- It is suggested that to get clear results of the research other methodology procedures such as observation, interview with the parents, peer and should be essential.
- The sample size should be large that can be comprehensive to the whole population.

### ***5.3 Practical Implications***

- The study sample was the students of public collages and university of Sargodha which is very significant sample to be studied, as it is chief education issues, so the main implication is in the education field.
- The recent research targets to provide a better from of data for personality evaluation with the context of father parenting style on humor and happiness.
- This study can be used for the study of personality growth in future.
- We can use the findings of recent research to conduct the many types of workshop concerning father parenting style on humor and happiness.
- Result of this research can also be helpful in clinical psychology and health psychology.
- The style shows us that father parenting style is very important for humor and happiness.



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