

The role of parental self-efficacy in the link between perceived social pressure and overprotective parenting

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“I love your new backpack!”

@ères, Ecole des Parents, #634-2020

Theoretical Background

SOCIAL PRESSURE TO BE A PERFECT PARENT

- expert, committed and responsible (Lee et al., 2014)
- related to intensive parenting ideology (Hays, 1996)
- higher for mothers (Venard et al., 2022)

“

I don't care
about my
kids' future”

... said no one ever.

Theoretical Background

OVERPROTECTIVE PARENTING

- level of protection that is excessive considering the child's developmental level (Thomasgard et al., 1995)
- negative outcomes for children
- associated with pressure for mothers and fathers (Venard et al., 2022).



Theoretical Background

PARENTAL SELF-EFFICACY

- parents' perception on their capacity to successfully raise their children (Jones and Prinz, 2005)
- predictor of parenting behavior and child outcomes - mediator
- influenced by social comparison and feedback (Bandura, 1997)
- link with pressure for mothers (Henderson, 2016).



Research goals

Perceived social pressure to be a perfect parent

- elicits overprotective parenting?
- intervening role of parental self-efficacy?



Sample

- N= 757 parents of adolescents
- 478 mothers and 279 fathers from Belgium
- Adolescents' age: M= 16.4 (0.78)
- 53,8% girls and 46.1% boys
- Parents' age: M= 49 (5.04)
- Parent's education: 48,3% have a university degree



Instruments

Overprotective parenting (10 items, MOPS, Chevrier et al., 2021)

- . Anxious OP subscale
- . *“I often take tasks out of my child’s hands without giving him/her the chance to try them by him/herself”*
- . $\alpha = .82-.82$ (M-F)

Parental Self-Efficacy (4 items, MaaP, Hamilton et al., 2015)

- . Global PSE
- . *“I have confidence in myself as a parent.”*
- . $\alpha = .84 -.85$ (M-F)

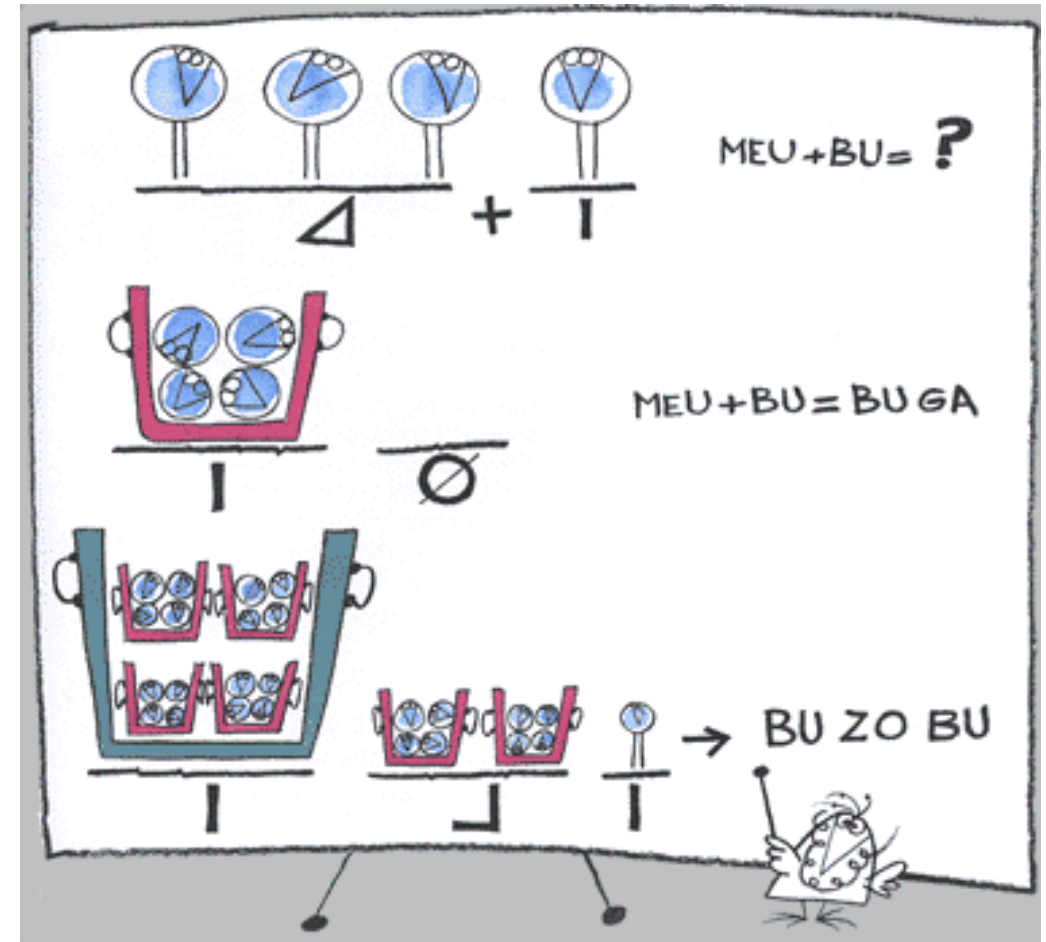
Pressure to be a perfect parent (15 items, adapted from Meeussen & Van Laar, 2018)

- . *“I feel pressure to be a ‘perfect’ parent”*
- . $\alpha = .94 -.93$ (M-F)



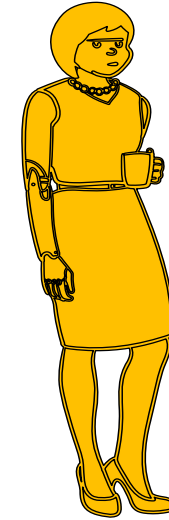
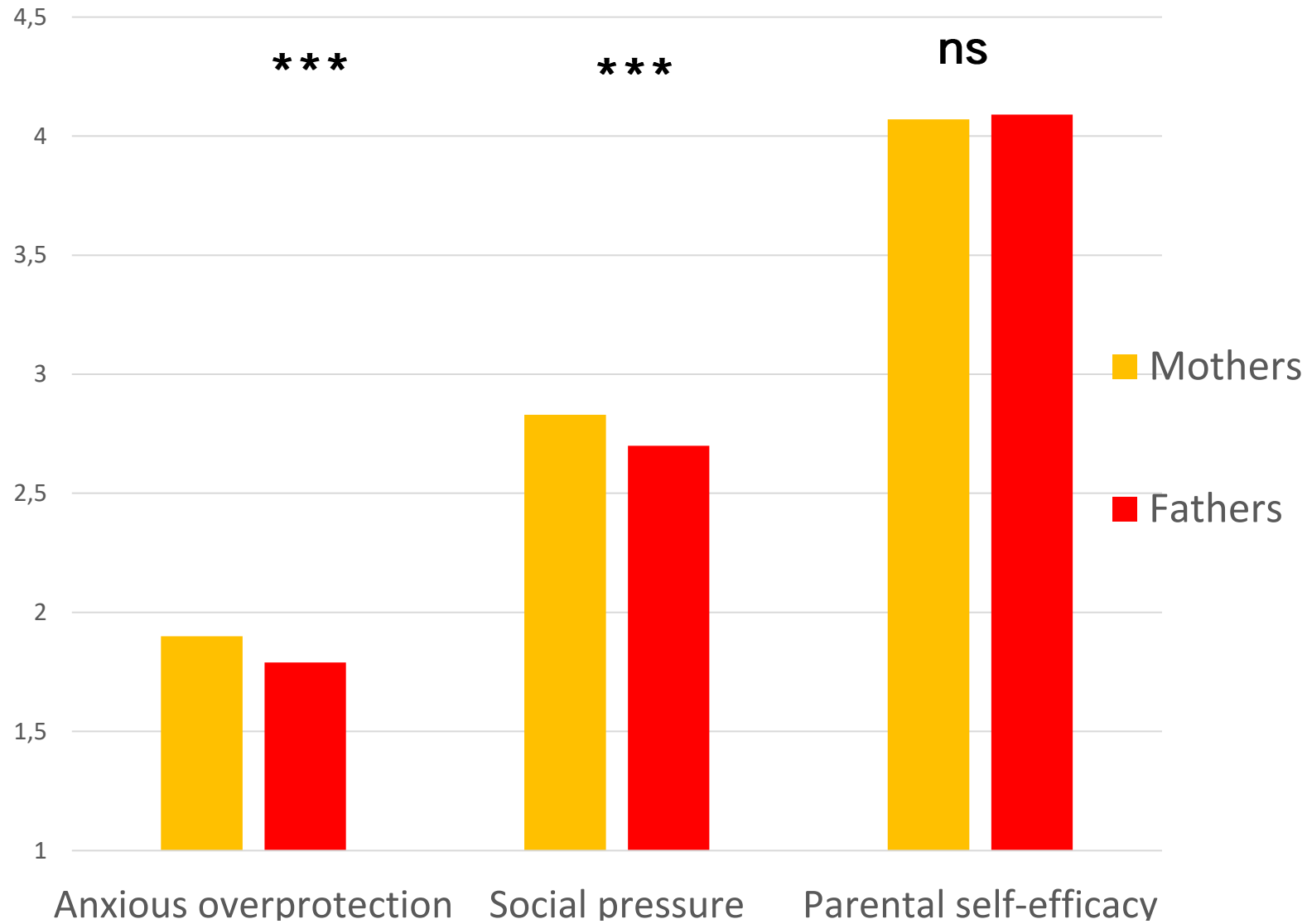
Analysis strategy

- separate models for mothers and fathers
- Structural Equation Modelling in R
- path analysis



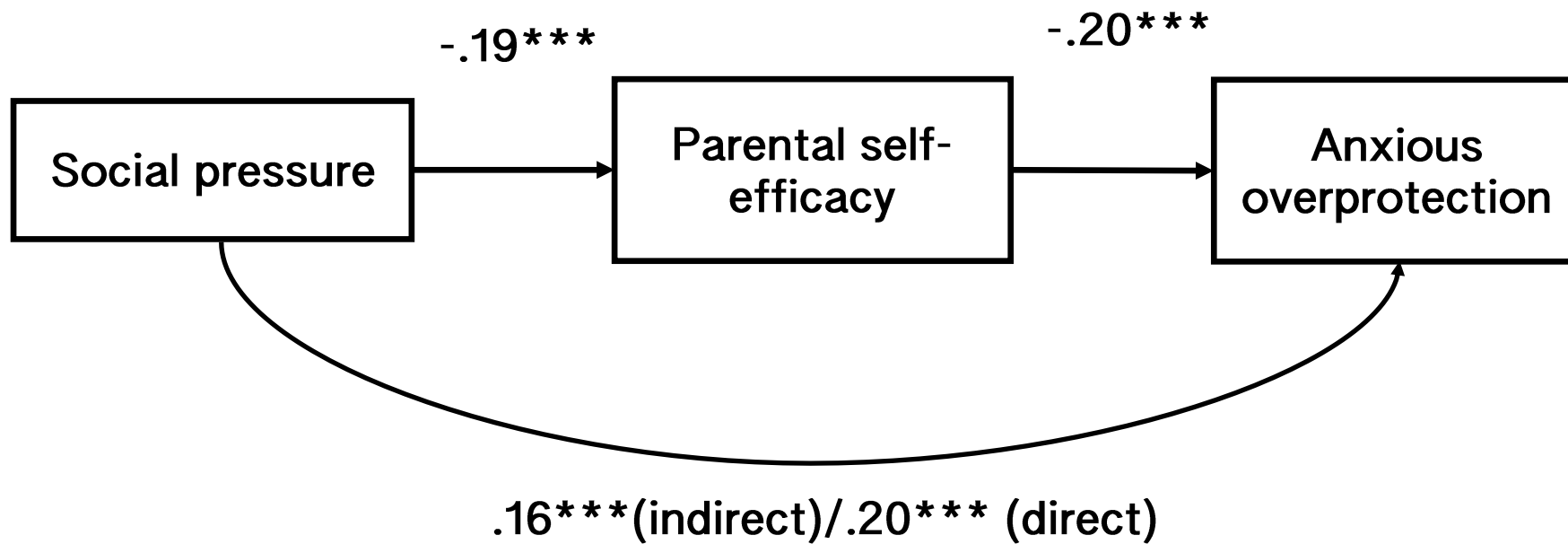
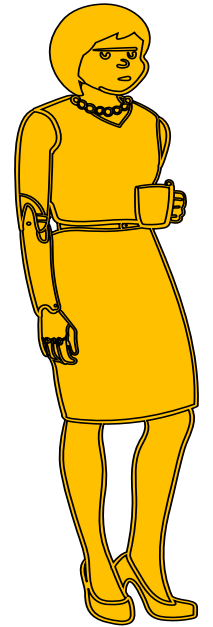
Results

Preliminary analyses



Results

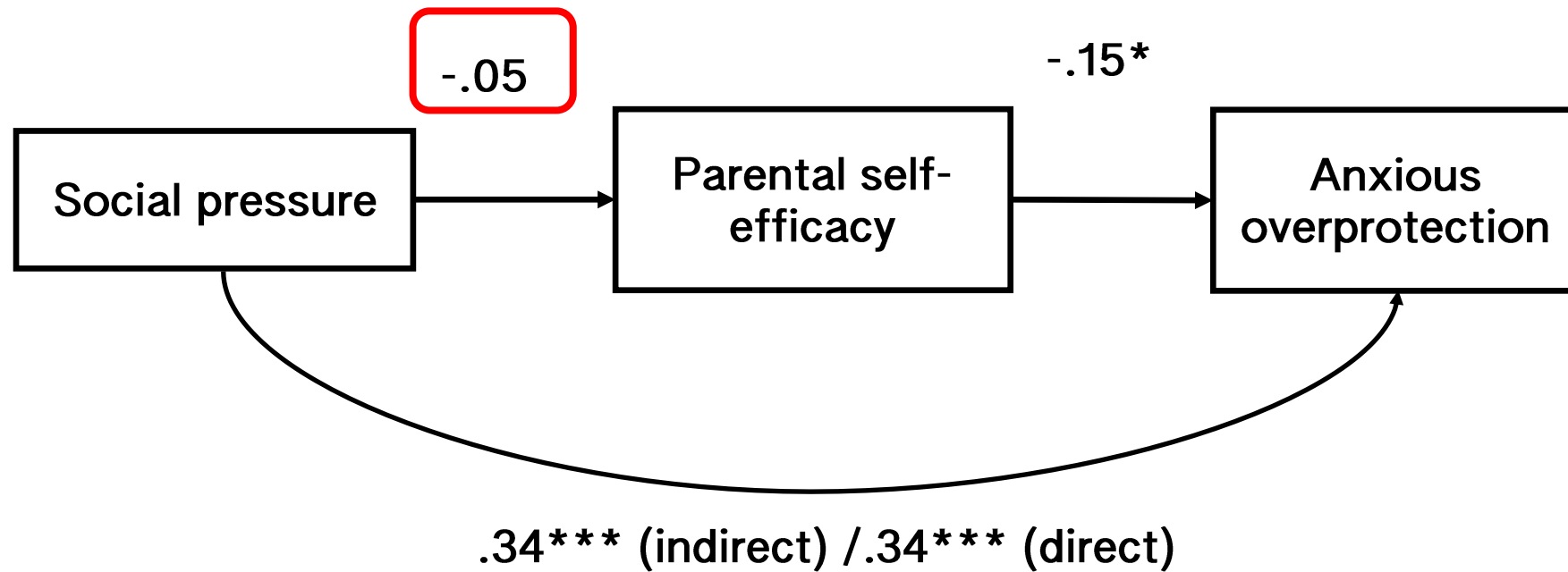
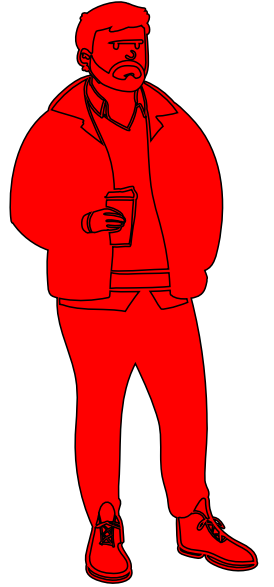
Mothers model



*** $p < .001$; model fit indices: RMSEA=0.00; CFI=1.00

Results

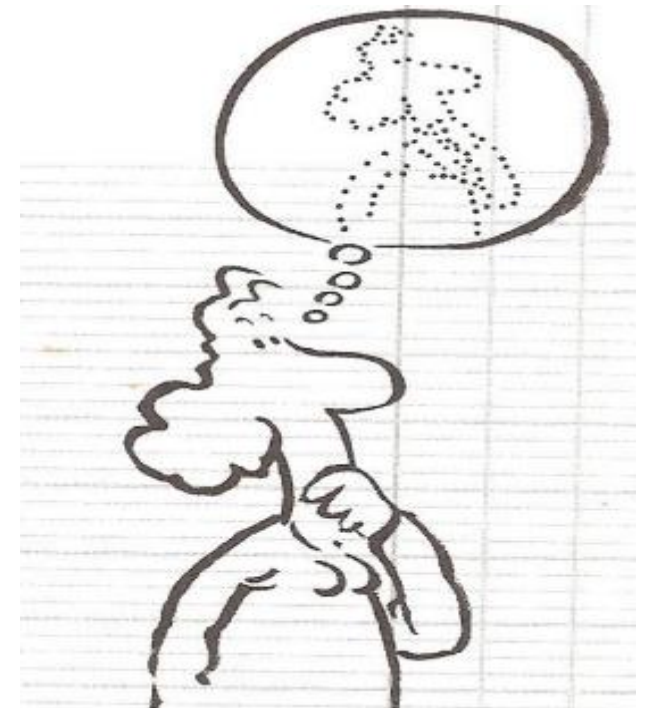
Fathers model



* $p < .05$; *** $p < .001$; model fit indices: RMSEA=0.00; CFI=1.00

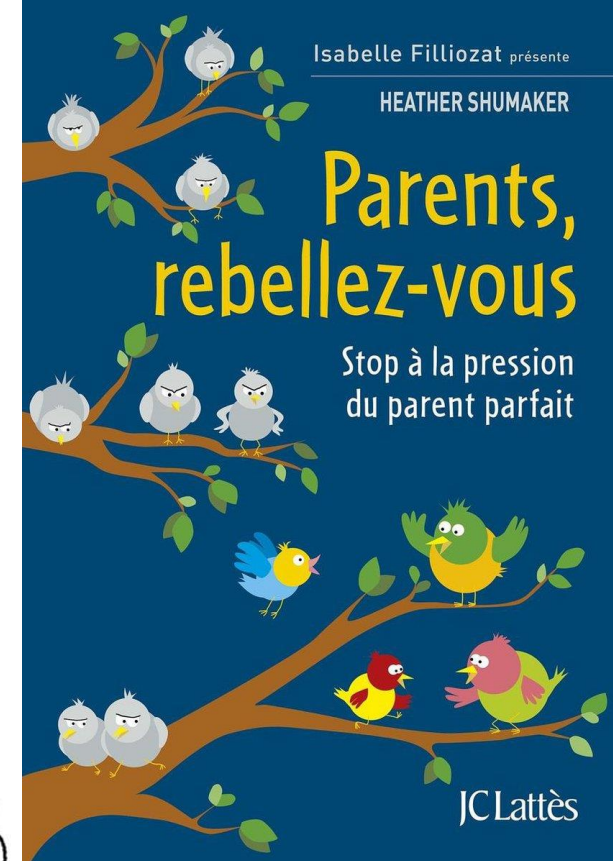
Discussion

- Pressure to be a perfect parent is related to anxious overprotective parenting
 - PSE is also related – negatively - to anxious overprotective parenting
- > for mothers and fathers



Discussion

- Social **pressure** perceived by **parents**: concern for overprotective parenting
- Intervening role of **PSE** in the relation social pressure - overprotection
 - **for mothers**
 - not for fathers



Thank you



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