

“Well, that’s what a good mother should do...”

How parenting is shaped by sociocultural and gendered pressures

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& Cindy Eira Nunes

Introduction

Credits



Gaëlle
Venard



Elliana
Lampryanidou



Cindy
Eira Nunes

Parenting

Need-supportive parenting

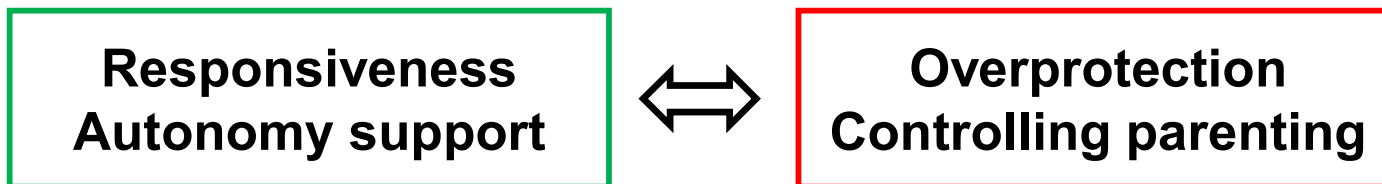
Self-determination theory (Ryan & Deci, 2017)

- Psychological needs

Stage-environment fit theory (Gutman & Eccles, 2007)

- Developmental needs

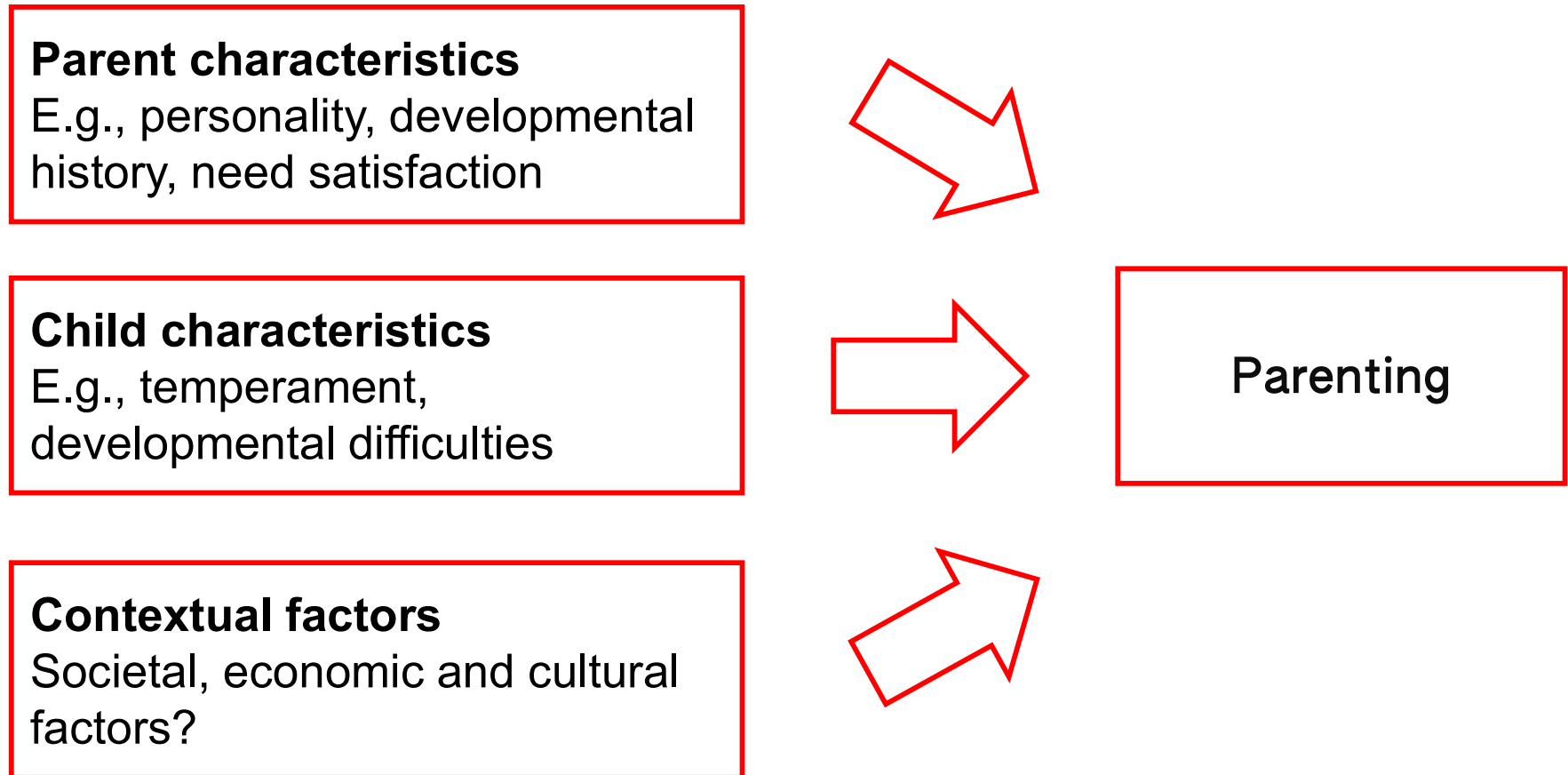
→ Need-supportive parenting: quality of parenting



→ Meta-analytic evidence: small-to-moderate effects

Determinants of parenting

A process model



SAFE-SORRY

Macrocontextual factors

Intensive mothering ideology
(Hays, 1996)

E.g., self-sacrifice

→ Pressure, guilt, shame

→ Gendered representations

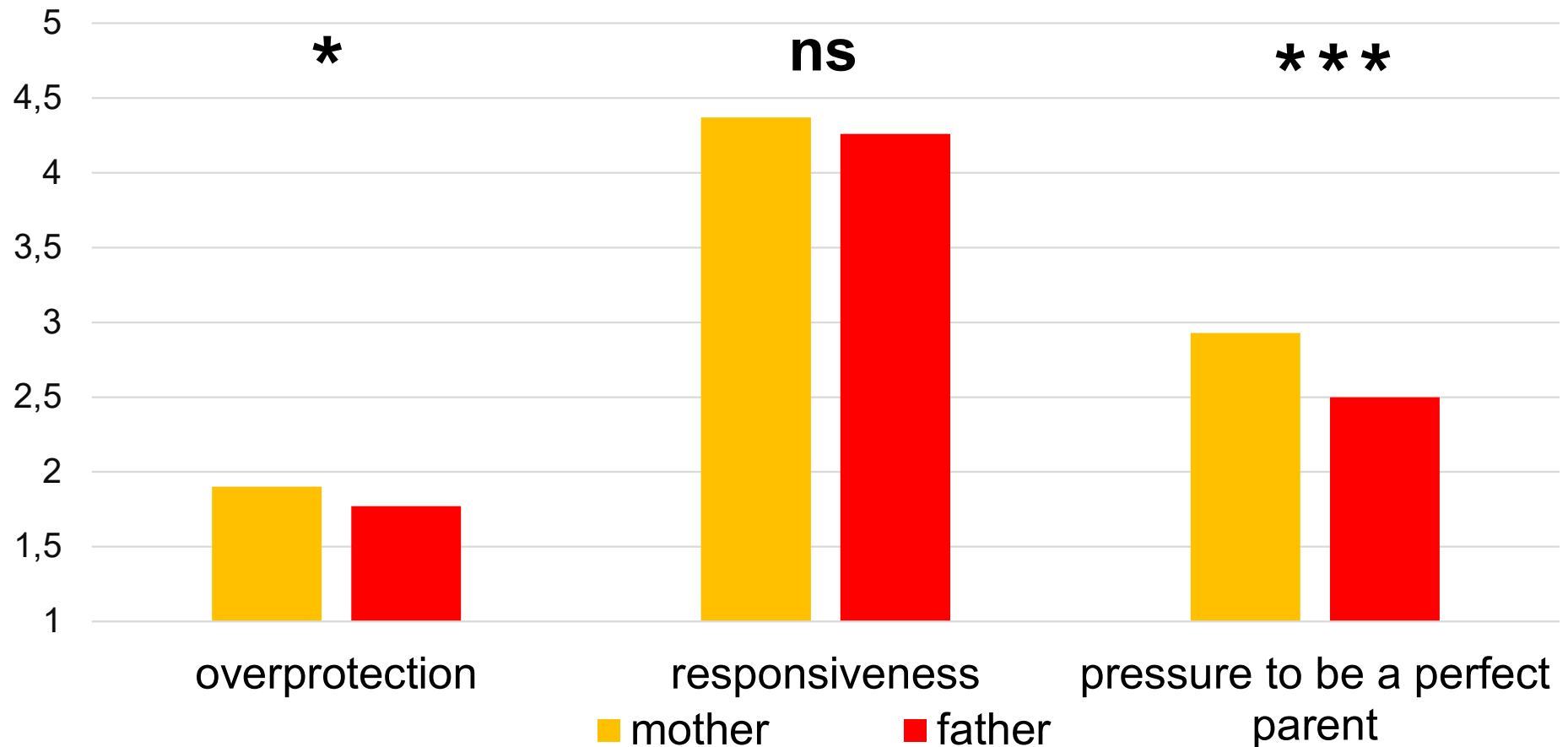


Parents under pressure



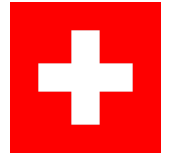
N = 146 mother-father dyads

Mean-level differences



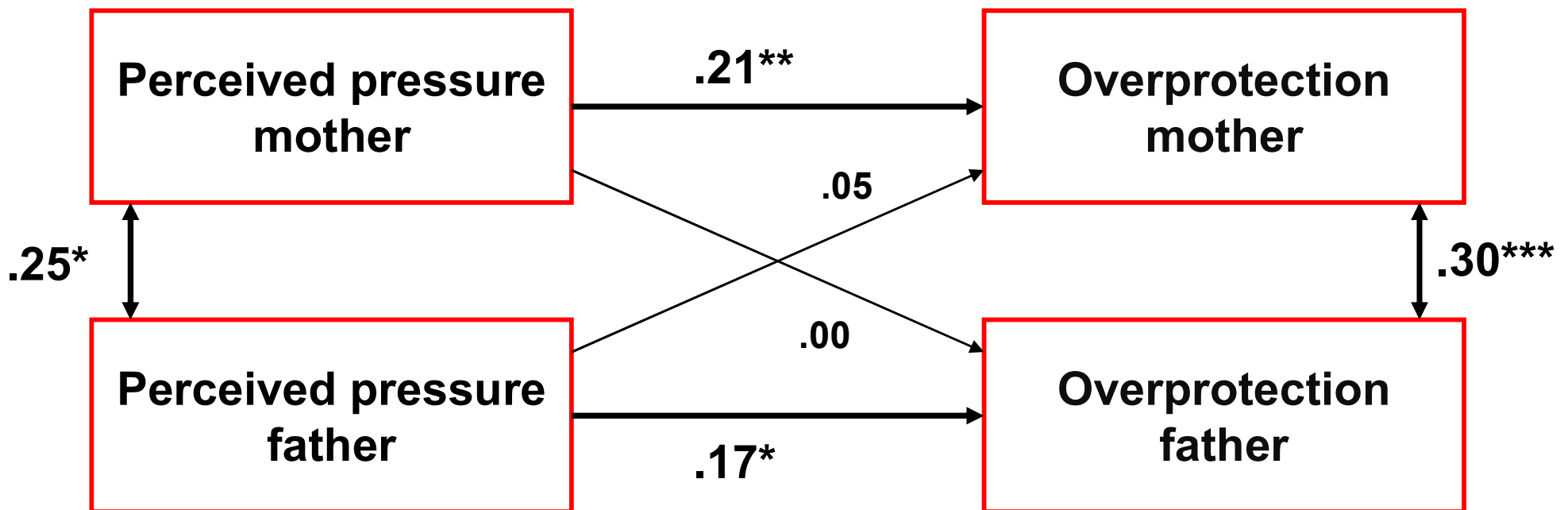
Venard, G., Zimmermann, G., Antonietti, J. P., Nunes, C. E., & Van Petegem, S. (2024). Parenting under pressure: Associations between perceived social pressure and parental involvement among mothers and fathers. *Journal of Child and Family Studies*, 33(12), 3813-3825.

Parents under pressure



Actor-partner interdependence models

N = 146 mother-father dyads



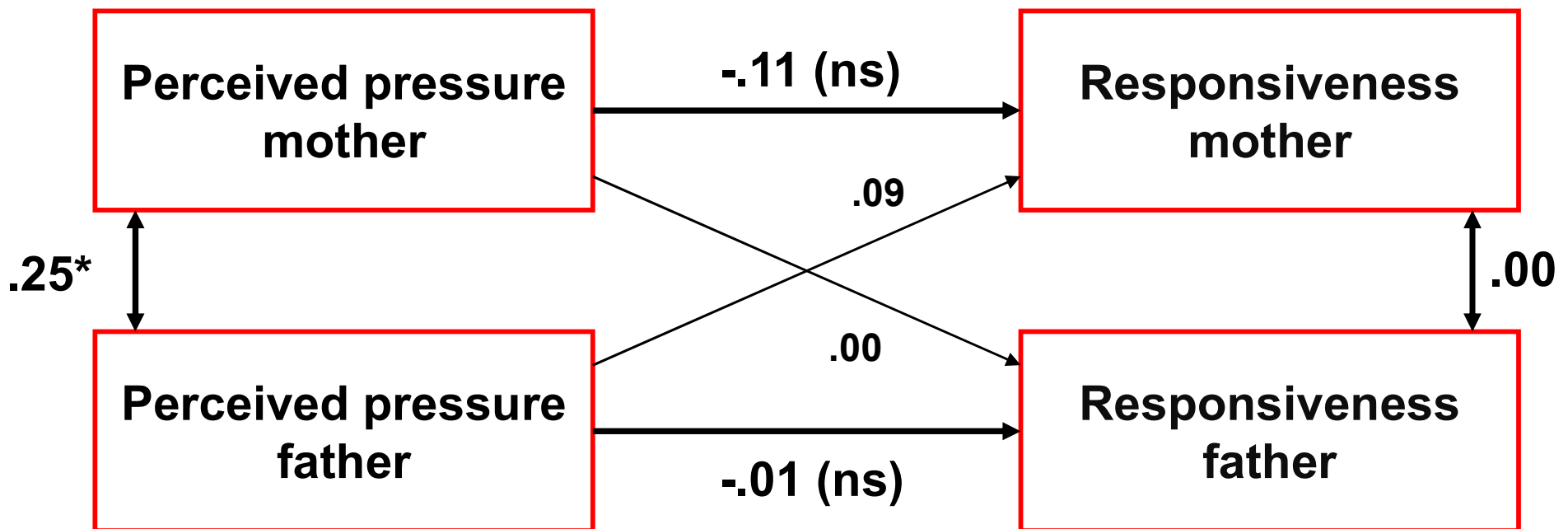
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Parents under pressure



Actor-partner interdependence models

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Typological approach



N = 1002 parents

Method

- Perceived pressure to be perfect
- Intensive parenting beliefs
 - Self-sacrifice, child-centeredness, parental determinism
- Essentialist beliefs
 - Mothers are naturally better equipped to care for children

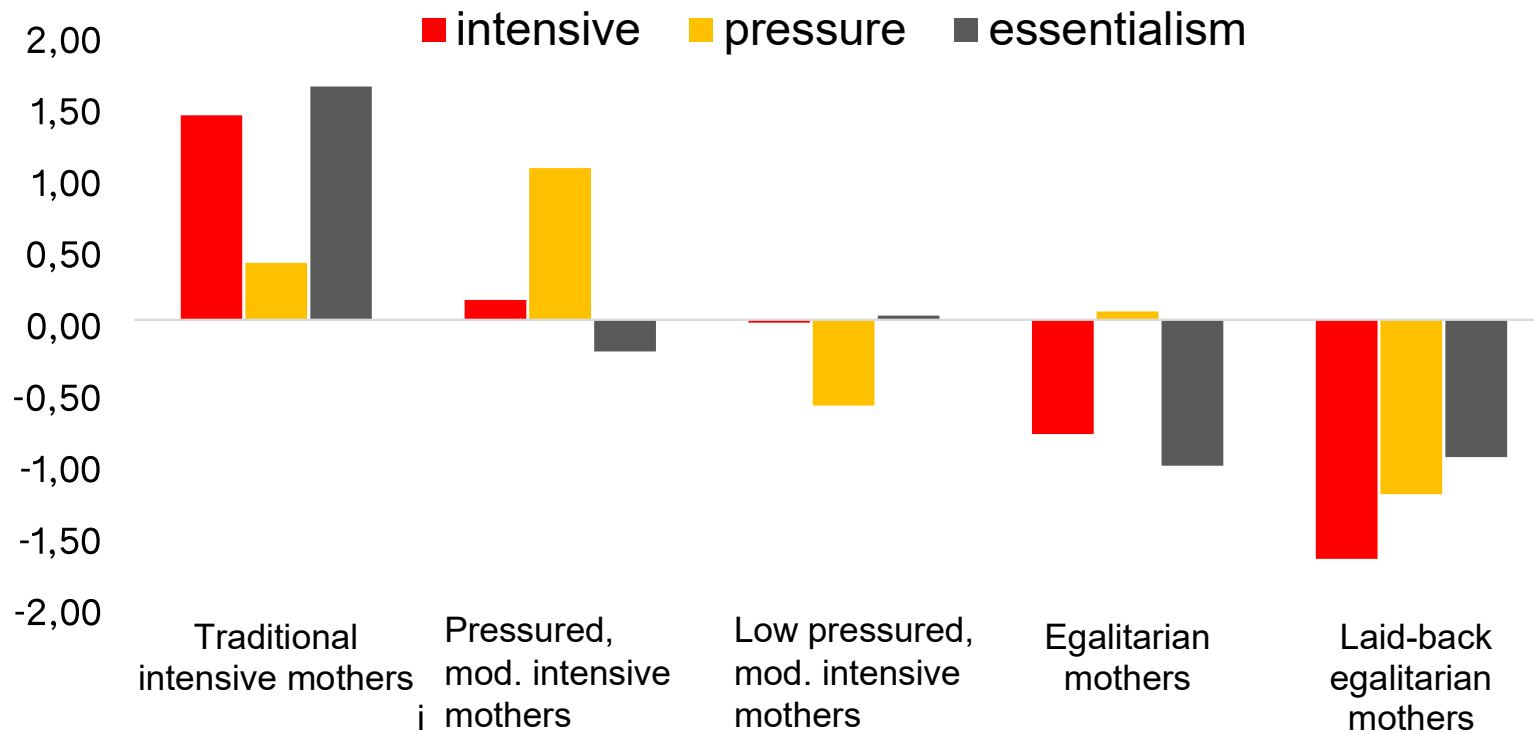
→ Different constellations?

Typological approach



N = 1002 parents

Results: mothers

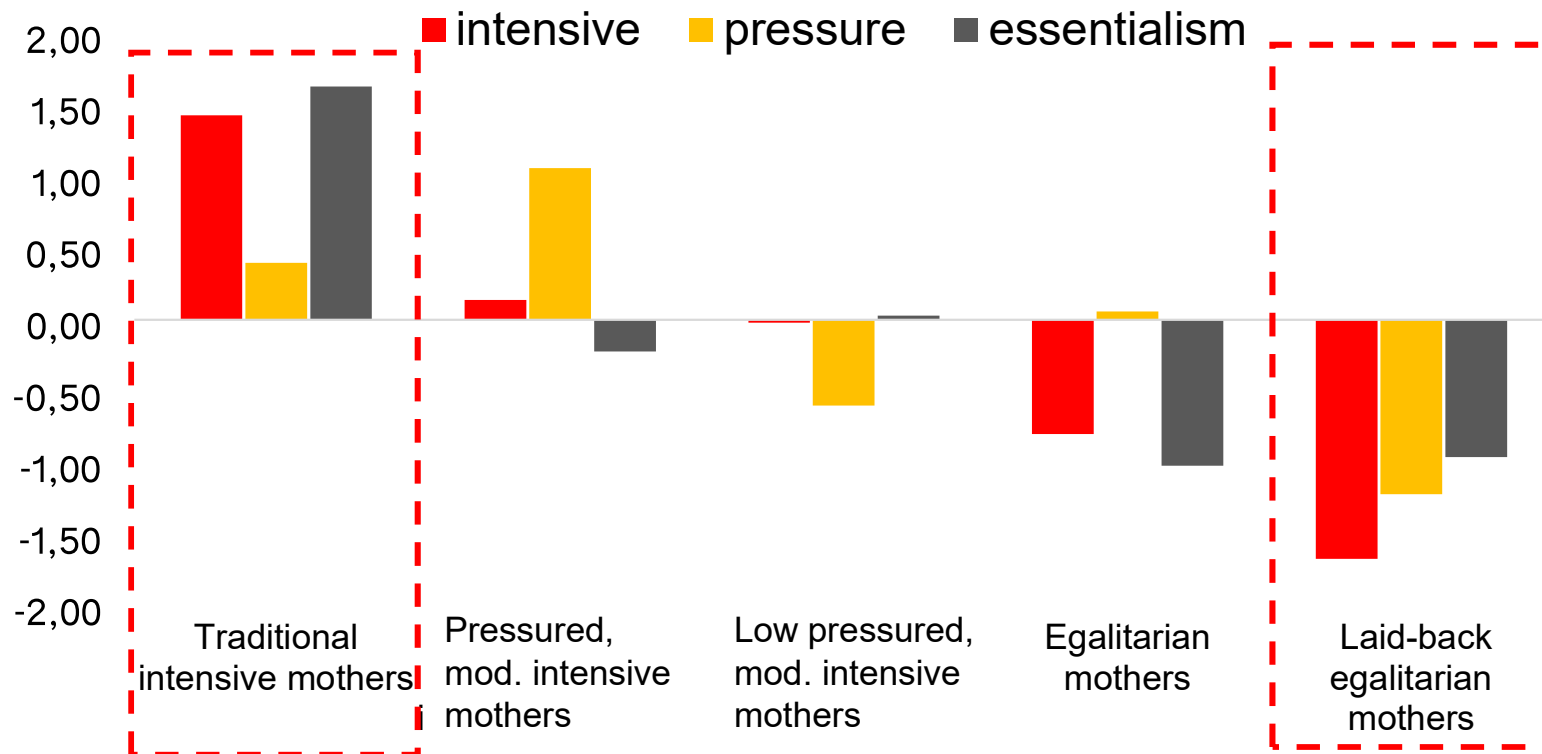


Typological approach



N = 1002 parents

Results: mothers

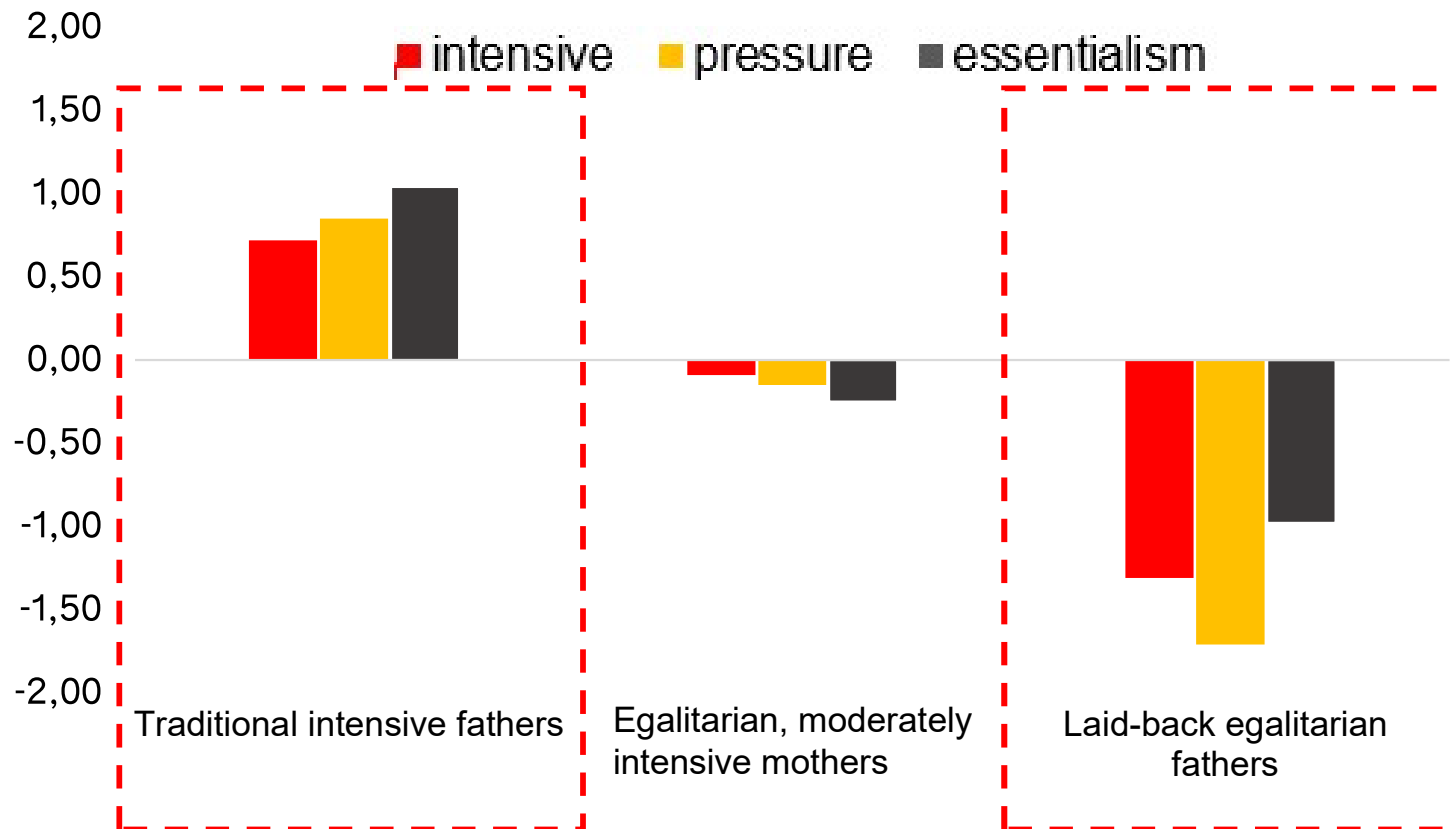


Typological approach



N = 1002 parents

Results: fathers

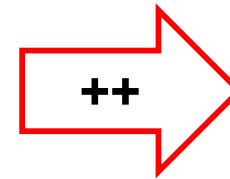
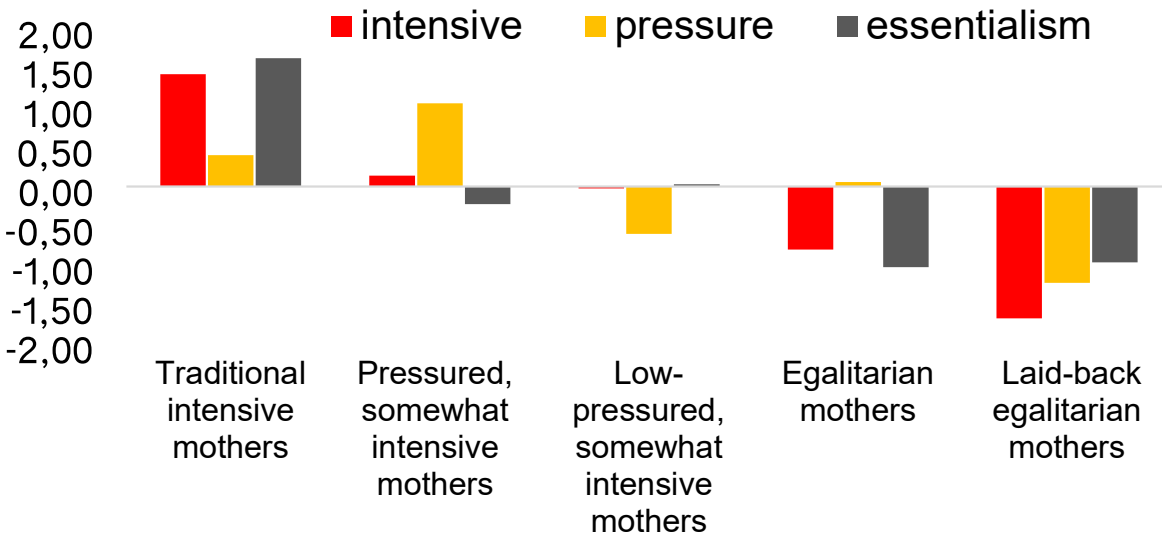


Typological approach

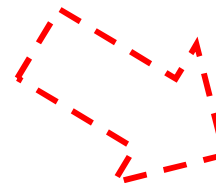


N = 1002 parents

Results: MANOVAs



Overprotection & controlling parenting



Responsiveness & autonomy support

Momma knows best?

Essentialist beliefs

- Gender essentialism
 - Mothers are naturally better equipped to care for children
 - Past research
 - Mothers: more involvement
 - Fathers: less involvement
- Quantity vs. quality of involvement?



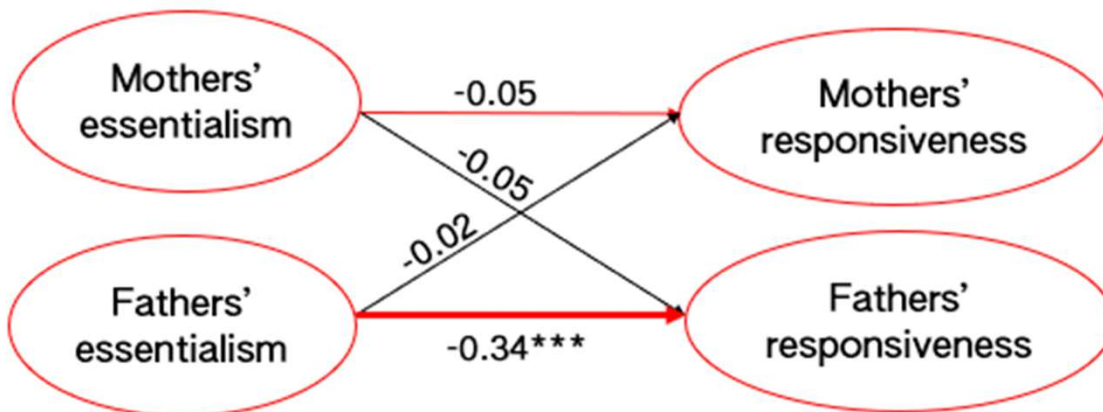
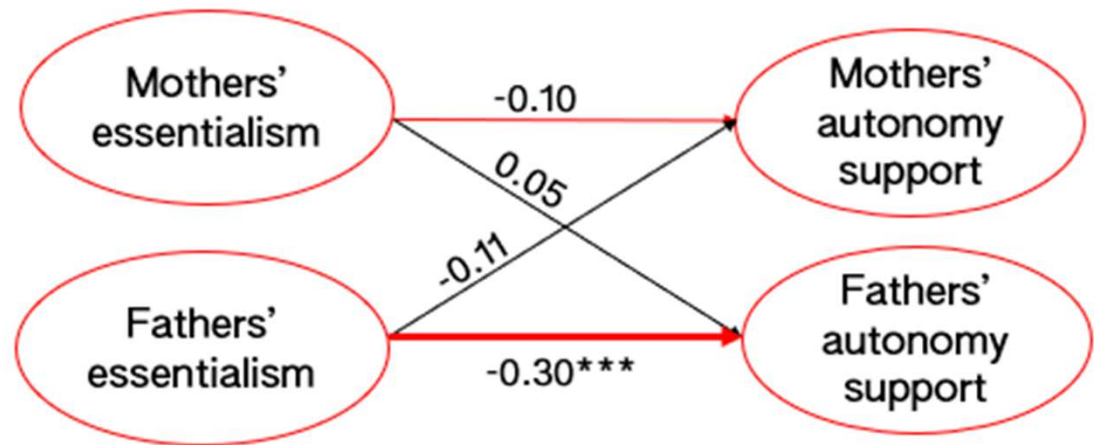
Momma knows best?



N = 1260 parents

Gender essentialist beliefs

- Responsiveness
- Autonomy support



→ Actor effects for fathers!

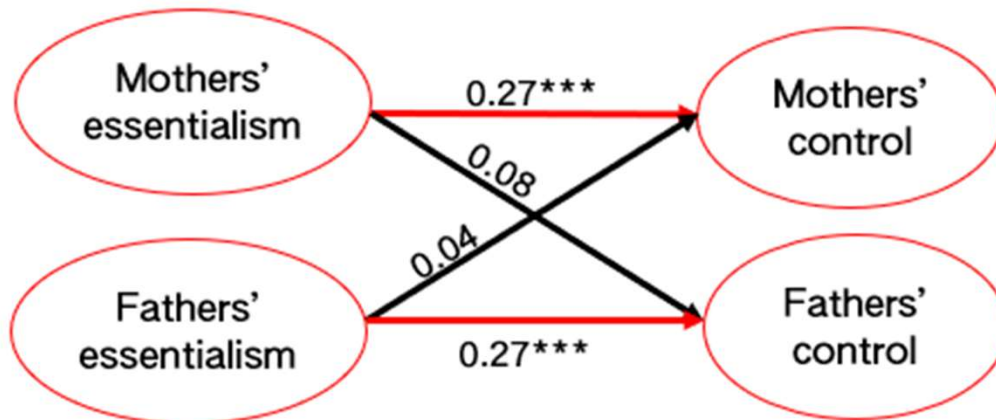
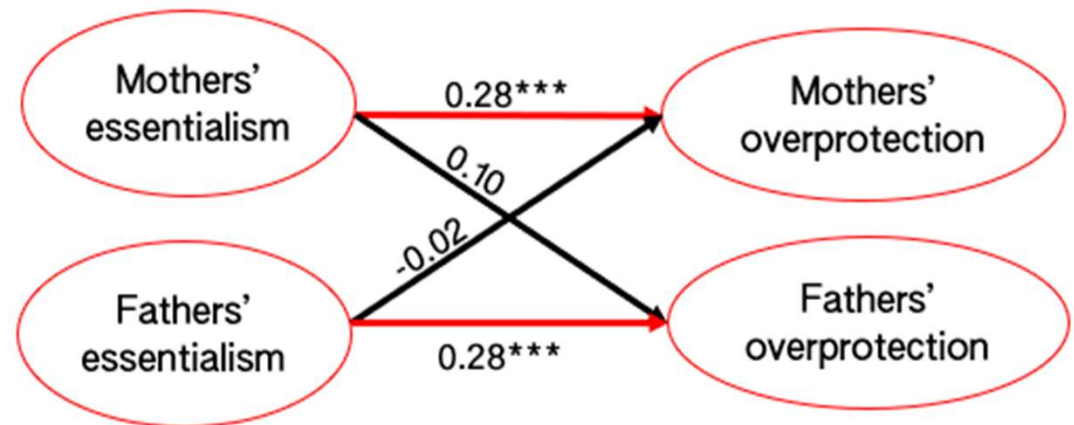
Momma knows best?



N = 1260 parents

Gender essentialist beliefs

- Overprotection
- Controlling parenting



→ Actor effects for fathers and mothers!

Conclusions

Observations

- Sociocultural pressures shape parenthood
 - Predicts overly involved (but less attuned) parenting
 - These pressures are gendered
 - Mothers experience more pressure
 - Essentialist beliefs → less attuned parenting
- Essential to consider the sociocultural context!
- Refrain from implicitly reinforcing a parent/mother-blaming discourse (Bristow, 2014)

contact

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