



## MEDIATING ROLE OF COMPENSATION COPING STYLE IN THE RELATIONSHIP BETWEEN PARENTING STYLE AND EARLY MALADAPTIVE SCHEMAS IN IRAN AND INDIA

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### ABSTRACT

**Subject:** Parenting style schemas can cause maladaptive responses and coping styles. **Object:** Comparing the mediating role of compensation coping style in the relationship between fathers and mothers' parenting style and early maladaptive schemas. **Method:** The population in Iran included 376 students of the universities of Tehran. In India, also, 101 students were selected from the University of Pune. **Findings:** Analysis of data indicated that compensation coping style has a mediating role in the relationship between fathers and mothers' parenting style and early maladaptive schemas in Iran and India.

**Keywords:** Compensation coping style, parenting style, early maladaptive schemas, mediating role, culture.

### Introduction

Many studies on the relationship between parents and children focus on the family as a predictor of behavioral problems of children and adolescents (Diaz, 2005; Conger et al., 1992). Parenting style is a universal structure (Darling and Steinberg, 1993) that shows the emotional

relationships and the overall relationship of the parents and children and is a significant factor in children's development and learning (Baumrind, 1991). Studies show that parents with different cultural backgrounds within a community are different in their views of parenting and child development (Bornstein, 1991). Kohn (1969) believes that elements within the cultural background of parents impress their goals and values for their children, leading to differences in parenting and eventually to difference in the child's performance (Goodnow and Collins, 1991).

Of the factors influenced by these elements are the schemas of parenting style that have a great impact on the relationship between parents and children. In this context, the theory of Schema Therapy by Dr. Jeffrey Young (1990) is proposed. The studies done on the basis of schema therapy show that parenting styles reflect the schemas having roots in childhood (Young et al., 2003). Young assumes that the early maladaptive schemas that are in relation to parenting style schemas contain pervasive and profound patterns or themes, including memories, emotions, cognitions, and body feelings, are formed in childhood or adolescence, are continuing on the path of life, are about the self and in relation to others, and are seriously fail (Young et al., 2003). According to Young, although factors such as school, peers and community have impact on this schema, it is more under the effect of the family and relationships within the family (Torres, 2002). The origin of these schemas is the basic emotional needs, early life experiences and emotional temperament (1990). Based on the theoretical principles discussed, it can be deduced that parenting style can involve in the formation of early maladaptive schemas.

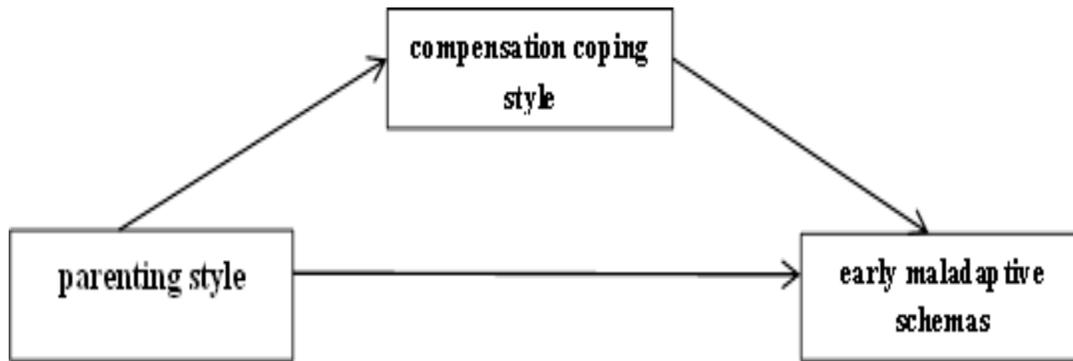
Patients and some people originate maladaptive responses and coping styles early in their life in order to adapt to the schemas, in order not to be forced to have the emotions so intense and desperate. All creatures show three basic responses in threats, war, flight, and freezing. These three responses accord with three compensation coping styles of Overcompensation, Avoidance, and Submission (Young et al., 2003). In this study, the compensation coping style will be examined. Compensation schema refers to the behaviors or cognitions that are overcompensation for a schema and are contrary to what is expected of the patient's early schemas. In other words, it is the representation of the early efficient efforts of the child to correct and deal with the pain of abuse by parents, siblings and peers. But, the compensations of schema are often too extreme and, finally, the effort to strengthen the scheme often has a contrary result (1999). When people deal with schema, often try a counterattack. On the surface, they have a lot of confidence, but inwardly, every moment they feel threatened of the activation of schema.

Through overcompensation a way out of helplessness and ever-increasing vulnerability is found (Young et al., 2003).

Gunty and Buri(2008) stated that parents' function is a significant predictor for some domains of schemas, such as disconnection / rejection and impaired autonomy and performance. Baranoffand Tian (2007) expressed that early maladaptive schemas and less interactions of children in future interpersonal relationships are predictable by dysfunctional parents' interactions. Wright, Crawford and Castillo (2009) showed that parenting style has impact on the formation of the schemas and subsequent psychopathology of people is affected by these schemas. Harris and Curtin (2002) in a study on the relation of understanding parenting style, early maladaptive schemas, and symptoms of depression in adults found that Young's schemas have mediating role in the relationship between recognized parenting styles (in relation to the components of kindness, control, and authority) and symptoms of depression.

Gonzalez Diez et al.(2012) found that compensation coping style has the role of moderator in the relation between emotional deprivation schema and social stress. Khajooeinia and Savani (2014) found that there is a significant correlation between the schemas of subjugation, failure to achieve, and unrelenting standards andcompensation coping style. Cangog and Gankaz (2012) stated that the domains of the schemas of impaired limits and other-directedness have correlation with overcompensation coping style. Besides, coping styles had mediating role in the relationship between the domains of schema and life satisfaction and psychological damage.

Therefore, given the importance of the proposed subject and the fact that there is a limited background of simultaneous investigation about the relationship among compensation coping style, parenting style, and early maladaptive schemas, it is urgent to study these relationships. On the other hand, although the schemas are under the influence of culture, there are few researches done on the comparison of schemas in two different cultures. The relationships among these three variables in examination of mediating role are shown in figure 1. Generally, the aim of the present study is to compare the mediating role of compensation coping style in the relationship between parenting style and early maladaptive schemas in Iran and India.



**Figure 1: the mediating role of compensation coping style in the relationship between parenting style and early maladaptive schemas**

### **Materials and Methods**

The society for Iran selected in this study consisted of students from universities in Tehran, that in this regard, the universities of Shahid Beheshti, Shahed, Kharazmi, and the University of Applied Science and Technology, unit 31, were selected. The sample size included 376 students aged 18 to 56 years (mean = 24.32, SD = 6.77). Sampling was carried out using multi-stage cluster sampling. In India, also, University of Pune was selected from the universities of Pune. The sample size included 101 students aged 20 to 40 years (mean= 22.13, SD= 4.34). Multi-stage cluster sampling was used for sampling.

**Young Schema Questionnaire (YSQ- S3):** Young Schema Questionnaire is a self-reporting instrument to assess the schema and has 90 items with the ability of evaluating all 18 schemas assumed by Young. The patient classifies himself according to 6 degrees of Likert scale (Young, 2005). About the 75-item questionnaire (1998), Sadooghi et al. (2008); Ahi et al. (2006); Waller et al. (2001); Rijkeboer and Van Den Berg (2006); Welburn et al. (2002); Baranoff et al. (2006); Rijkeboer et al. (2005); Retin Meyer (1997); Li et al. (1999); Cecero et al. (2004); and Glaser et al. (2002) reported reliability of the questionnaire and its subscales to be from 0.60 to 0.96. Saariaho et al. (2009) reported the Finnish translation of the second edition of the Young Schema Questionnaire having good internal consistency. Besides et al. (1995) calculated the Dysfunctional Attitude Scale correlation with long-form of this questionnaire to be 0.60 and Rijkeboer et al. (2005) reported the discrimination to be 87%. Ghiasi et al. (2009) reported Cronbach's alpha for 90-item version to be 94%.

***Young Parenting Inventory (YPI):*** Young Parenting Inventory (1994) is an instrument to recognize the roots of schemas in childhood, and reflects childhood environment that could lead to the formation of these schemas. This is a suitable instrument to investigate the probable roots of schemas that got high scores in Young Schema Questionnaire. This questionnaire has 72 items, in which the respondents categorize their parents separately on the basis of their treatment to them in 6-degrees of Likert scale. If the respondents had stepfather, stepmother, grandfather, grandmother or someone else as a substitute for their parents in their home, they can adapt the questionnaire to their behavior. Sheffield et al. (2005), through factor analysis, reported Cronbach's alpha to be 0.70 – 0.92. Also, the results of retest indicated high reliability and the structure's validity was achieved at an acceptable level. Yazdandoost et al. (2007), through split-half method, reported reliability coefficient of 0.69 for the mothers' form, and reliability coefficient of 0.80 for the fathers' form.

***Young Compensation Inventory (YCI):*** Young Compensation Inventory has 48 items and is designed to assess overcompensation of the schema and has 6 degrees. As treatment progresses, patients use Young compensation inventory for self-regulation of the coping styles. Yazdandoost et al. (2007) reported reliability coefficient of 0.78 for this questionnaire using the split-half method.

***Demographic Characteristics Inventory:*** Demographic Characteristics Inventory contains gender, age, marital status, education.

## **Findings**

To analyze data, descriptive statistics and hierarchical regression methods were used. First, normality and linearity of data was evaluated by Kolmogorov-Smirnov test and linear correlation; and it was perceived that these two assumptions were desirable. It should be mentioned that outlier data was omitted from total data.

According to table 1, in relation to demographic information in Iran and India, respectively 72.30% and 66.30% of the sample consisted of women and 27.60% and 33.70% were men. Marital status in Iran and India respectively consisted of 67% and 84.20% single and 27.90% and 15.80% married. Education had mean and standard deviation values of 14.27 and 1.4 in Iran, and 16.71 and 1.44 in India.

**Table 1: demographic information of the sample in Iran and India**

	<u>sex</u>		<u>marital status</u>		<u>education</u>	
	Female (%)	Male (%)	Married (%)	Single (%)	Mean	SD
Iran	72/30%	27/60%	27/90%	67%	14/27	1/41
India	66/30%	33/70%	15/80%	84/20%	16/71	1/44

According to table 2, both in Iran and in India, all the steps of regression between the criterion variable and the prediction variable are significant. Reduction of beta coefficient is observed in the third step (0.34) compared to the first step (0.50). In India, also, beta coefficient shows a significant reduction from the first step (0.59) to the third step (0.36) ( $P < 0.05$ ). Therefore, it can be said that compensation coping style has mediatory role in the relation between the mother's parenting style and early maladaptive schemas in both Iran and India.

**Table 2: Hierarchical regression analysis to examine mediating role of compensation coping style in the relationship between the mothers' parenting style and early maladaptive schemas in Iran and India**

		Predictor Variable	Criterion variable	R	R <sup>2</sup>	B	S. E.	Beta	t	Sig.
Iran	Step 1	parenting style	maladaptive schemas	/50	/25	/91	0/08	/50	/40	/00*
				0	0	0	0	11	0	
	Step 2	parenting style	compensation coping style	/33	/11	/29	0/04	/33	6/89	/00*
				0	0	0	0	0	0	
	Step 3	parenting style	maladaptive schemas	/62	/46	/97	0/07	/34	8/60	/00*
				0	0	0	0/08	/48	/01	/00*
	compensation coping style		/68	/46	/97	0/08	/48	/01	/00*	
			0	0	0	0	12	0		
India	Step 1	parenting style	maladaptive	/59	/35	/01	0/13	/59	7/30	/00*
				0	0	0	0	0	0	

Step 2		schemas	0	0	1		0		0
	parenting style	compensation coping style	/54 0	/30 0	/69 0	0/10	/54 0	6/53	/00* 0
Step 3	parenting style				/63	0/15	/36	4/15	/00*
		maladaptive schemas	/68 0	/46 0	0		0		0
	compensation coping style				/55 0	0/12	/41 0	4/64	/00* 0

P<0.05\*\*

As seen in table 3, three steps performed using regression are significant in both samples of Iran and India. On the other hand, beta coefficient reduced in the sample of Iran from the first step (0.48) to the third step (0.33). In the sample of India, also, beta coefficient reduced from the first step (0.55) to the third step (0.32) (P<0/05). Therefore, in both Iran and India, it can be said that compensation coping style has mediatory role in the relation between the father's parenting style and early maladaptive schemas.

**Table 3: Hierarchical regression analysis to examine mediating role of compensation coping style in the relationship between the fathers' parenting style and early maladaptive schemas in Iran and India**

	Predictor Variable	Criterion variable	R	R <sup>2</sup>	B	S. E.	Bet a	t	Sig.
Iran									
Step 1	parenting style	maladaptive schemas	/48 0	/23 0	/86 0	0/07	/48 0	/84 10	/00* 0
	parenting style	compensation coping style	/32 0	/10 0	/28 0	0/04	/32 0	6/55	/00* 0
Step 3	parenting style				/58	0/07	/33	8/21	/00*
		maladaptive schemas	/67 0	/45 0	0		0		0
	compensation coping style				/99 0	0/08	/49 0	/24 12	/00* 0

India

Step  
1

parenting style	maladaptive schemas	/55 0	/31 0	/90 0	0/13	/55 0	6/67	/00* 0
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Step  
2

parenting style	compensation coping style	/53 0	/28 0	/63 0	0/10	/53 0	6/24	/00* 0
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Step  
3

parenting style				/52 0	0/14	/32 0	3/65	/00* 0
compensation coping style	maladaptive schemas	/67 0	/44 0	/59 0	0/12	/43 0	4/96	/00* 0

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P<0.05\*\*

### Conclusion

The main objective of this study was to compare the mediating role of compensation coping style in the relationship between fathers and mothers' parenting style and early maladaptive schemas in Iran and India.

Data analysis indicated that compensation coping style has a mediating role in the relationship between the fathers and mothers' parenting style and early maladaptive schemas in Iran and India. The findings of this study was compatible with the findings by Gunty and Buri(2008), Baranoffand Tian (2007), Wright, et al. (2009), Harris and Curtin (2002), Khajooeinia and Savani (2014), Cangog and Gankaz (2012), and Gonzalez Diez et al. (2012).

With the formation of parenting style schemas in a person,a certain view is formed in that person through which he views the world all his life. With the passing of time, it affects the early maladaptive schemas and creates certain cognitions, feelings and emotions in the person. But the point is that, beside the schemas, any person uses coping styles to protect himself and his mental system in stressful conditions. Often, these coping styles take compensation form and the person uses them excessively. Therefore, given the results of this study, when the parenting style schemas are activated, it is possible that the persons harbor to compensation coping style, in order to be able to contend with the early maladaptive schemas, which are activated under the effect of parenting style schemas.

It seems that this fact confirms Young's hypothesis that culture, family and childhood ground are effective in the formation of schemas and affect the person's function in his life. The

limitations of this study could be the lack of control for confounding variables such as fatigue or lack of sufficient attention to respond to questionnaires. Since religion in most cases, as the cultural baggage of every ethnicity, targets the formation of specific schemas, it is proposed to investigate the relationship between schemas and coping styles in various religions.

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