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Parenting Style's Influence on Sleep Quality and Sleep Hygiene as an Adult

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The Association Between Parenting Styles and Sleep Patterns in Adulthood

Madeline Berning, Jasselyn Gallardo-Garcia, Sydney Keating, & Maggie Millar

Introduction

Question

How are parenting styles experienced in childhood associated with sleep quality and sleep hygiene as adult?

Background Information

- Early risky family environments have been associated with poor self-reported sleep quality among young adults (Miadich et al. 2019).
- Permissive parenting: high in responsiveness and low in demandingness.
 - Permissive parents do not have much authority over their children, and often lack the enforcement of a bedtime for their children (Miadich et al. 2019).
- Authoritative parenting: high in responsiveness and demandingness.
 - These types of parents use routines and standards to aid their child sleep's schedules (Miadich et al. 2019).
- Authoritarian parenting: low responsiveness and high demandingness.
 - Regarding bedtime, they have strict rules and use force to implicate them (Tyler et al., 2019).

Hypothesis 1

Those with authoritative parenting styles will result in better sleep quality, while those with permissive and authoritarian will result in poor sleep quality.

Those with permissive and authoritarian parenting styles will result in poor sleep hygiene, while those with authoritative will result in better sleep hygiene.

Hypothesis 2

Method

Participants

Age:

Mean: 20
Range: 17- 27

Ethnicity:

White: 68%
Hispanic or Latino: 11%
Black or African American: 8%
Asian/Pacific Islander: 9%
Other: 3%

Gender:

Female: 68%
Male: 29%
Non-Binary: 2%
Other: 1%

Materials & Procedure

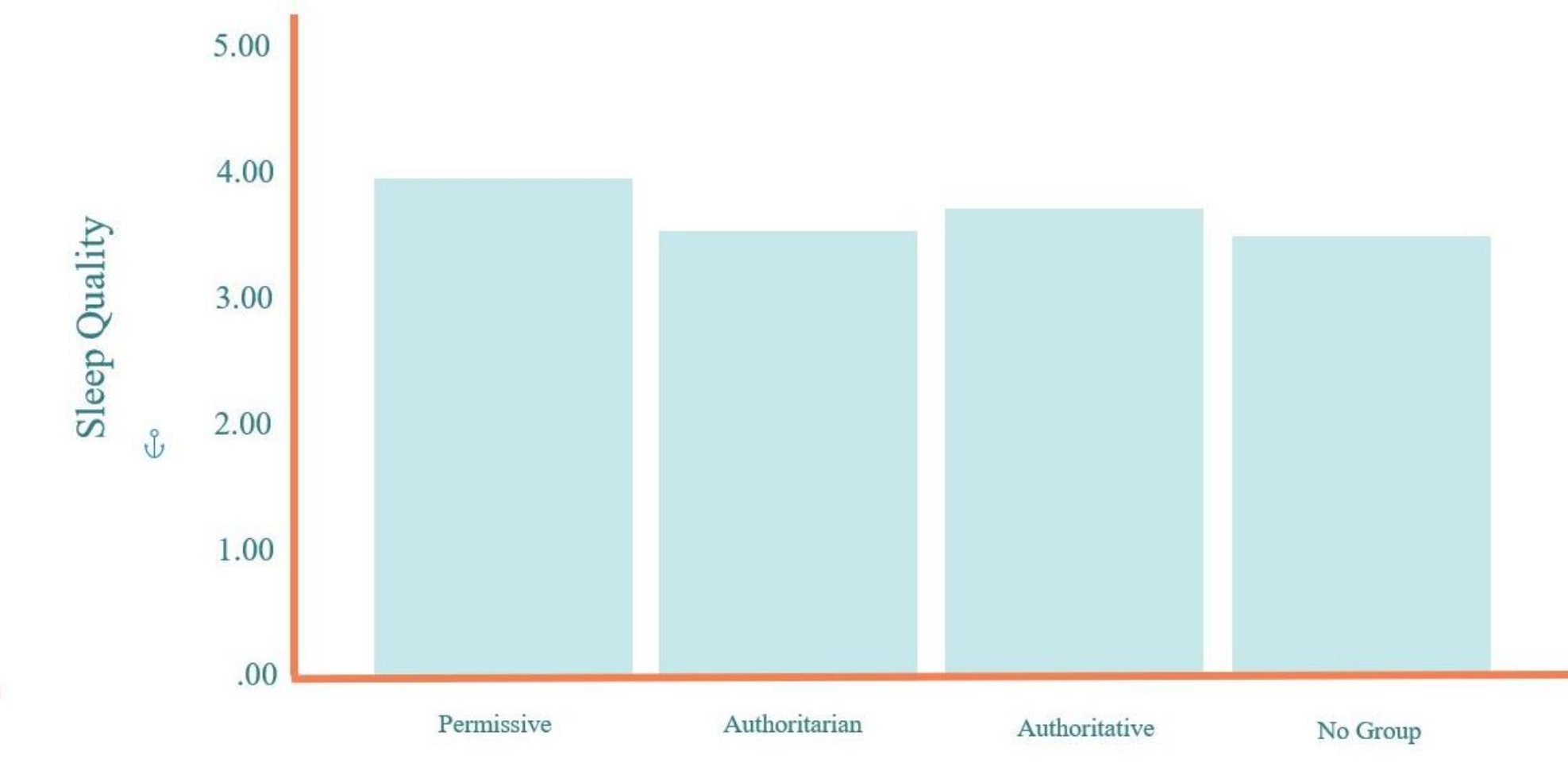
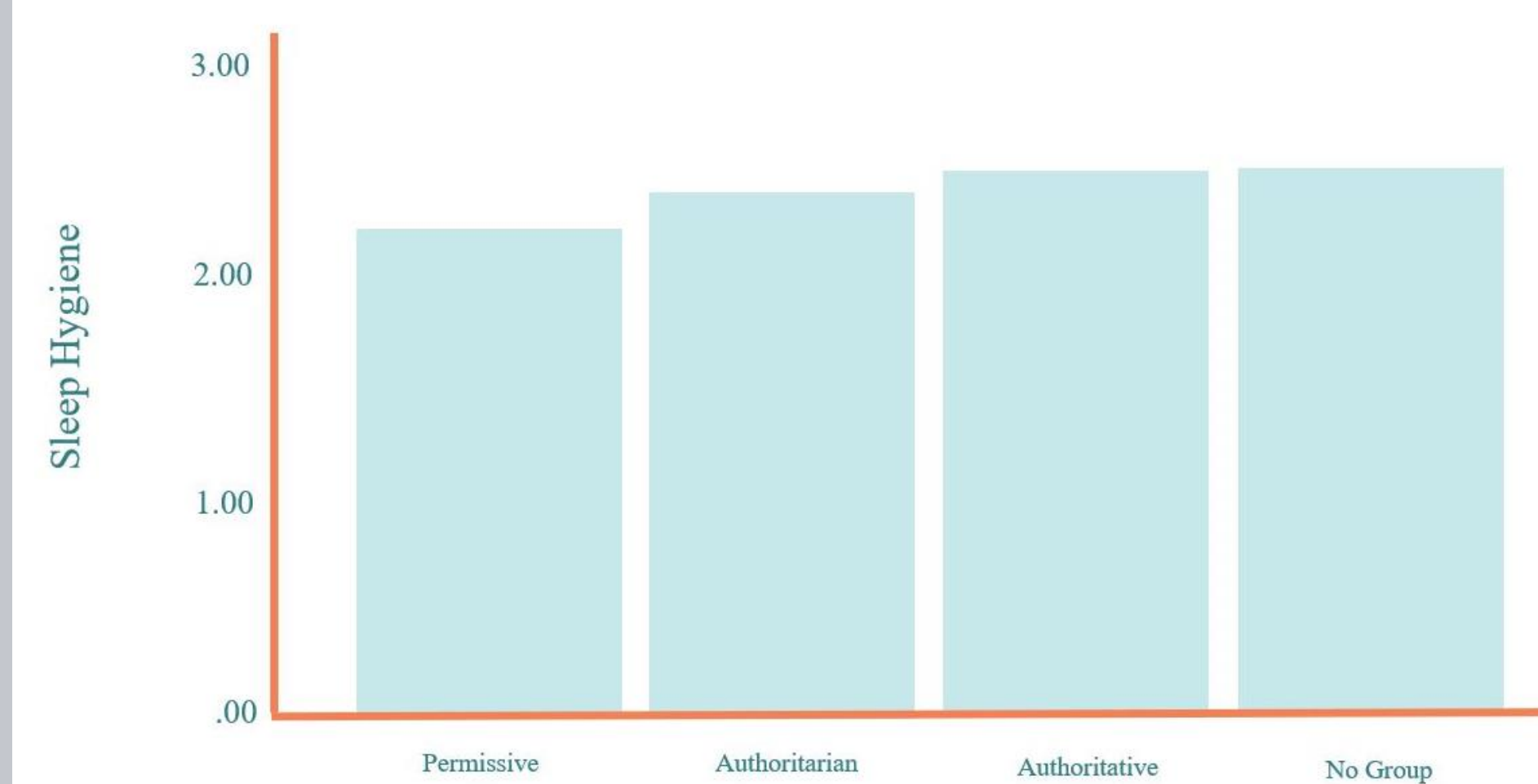
1. Participants began the survey with an informed consent page.
2. Participants were then asked demographic information.
3. Participants anonymously respond to a questionnaire assessing parenting style (A), a sleep hygiene scale (B), and a sleep quality scale (C).
4. After completing the survey, the participants were presented with a debriefing form and the option to withdraw their data if they wish.

A. Parental Authority Questionnaire--Modified Version (Trinkner et al. 2012)

B. Sleep Hygiene Practice Scale (Lin et al. 2007)

C. Adult Sleep-Wake Scale (Fortunato et al. 2008)

Results



Sleep Hygiene $F(3,87) = 0.32, p = .81$; partial $R^2 = .01$
Not significant
Cronbach's Alpha: .90

Sleep Quality $F(3,85) = 0.73, p = .54$; partial $R^2 = .03$
Not significant
Cronbach's Alpha: .89

	Mean	Standard Deviation	Mean	Standard Deviation
Authoritative	2.42	0.67	3.73	0.73
Authoritarian	2.36	0.80	3.56	0.89
Permissive	2.17	0.55	3.95	0.87
No group	2.48	0.43	3.51	0.39

Discussion

- ### Findings/Implications
- There was no association found between sleep quality and sleep hygiene as an adult on parenting styles in childhood.
 - The dependent variable of sleep quality was found non-significant.
 - The dependent variable of sleep hygiene was found non-significant.

Limitations

- Uneven sample sizes for parenting styles.
- Parenting measure scale (PAQ) created difficulties categorizing parenting style results (Trinkner et al. 2012).
- Low power

- ### Future Research
- More extensive parenting measure necessary to properly assess and categorize participants.
 - Focus on only one dependent variable when associating parenting styles.
 - Use a larger sample size with less unsystematic variability to even out parenting style groups.

References

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