

PARENTING STYLES AS DETERMINANTS OF YOUTH RESTIVENESS IN DELTA STATE

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Abstract

The study investigated parenting styles as determinant of youth restiveness in Delta state. A sample of 540 youths (16-40years) was used for the study. It is a correlational study. cluster and accidental sampling technique were used to compose the sample. Three research questions were answered while three corresponding null hypotheses were tested at 0.05 level of significance. Two (2) instruments were used for the study titled: Youth Restiveness Survey and Parenting Style Survey. The instruments were validated by two experts in Measurement and Evaluation and a counselling psychologist. Cronbach Alpha reliability technique was used to establish the reliability of the instruments which were found at 0.69 and 0.71 respectively. Research questions were answered using simple regression while the corresponding null Hypotheses were tested using t-test associated with regression. It was found among others that the authoritative parenting style predicts youth restiveness to a low extent. Based on the findings, recommendations were made; counsellors should expose parents to develop the authoritative parenting styles to help steer away their children from restive activities.

Keywords: *Youth Restiveness and Parenting Styles.*

Introduction

The issue of youth restiveness in Nigeria today has turned a new dimension as youths who are supposed to be the leaders of tomorrow now indulges in all sort of societal milieu which include hostage-taking of prominent citizens and expatriate oil workers, as well as oil bunkering, arms insurgence, cultism, ritualism etc. Recently, there have been reported cases of young boys stealing female pants for money rituals. The National Youth Development Policy (as cited in Onyekpe, 2007) defined youth as people aged 18-35. They constitute about 40 percent of the Nigerian population. The total population

of youth between 10 and 24 years old in Nigeria was 45.4 million in 2006, which is 34 percent of the total population. Elegbeleye (2005) defined youth restiveness as “a sustained protestation embarked upon to enforce desired outcome from a constituted authority by an organized body of youths. It is marked by violence and disruption of lawful activities”. The term youth depicts a specific stage in the development of human beings. There are legal, physiological and chronological dimensions to the definition of the youth.

As a result, there is no standard definition for the term youth. The World Health Organization (WHO) viewed youth as anybody between the ages of 15 and 24. The Federal Republic of Nigeria (FRN) (2004) officially placed the age bracket of youths between 16-30 years.

What makes the youth so important is that they are described as a big reservoir of labour and the most vibrant age bracket in human population or the marrow of the human resource of any country (Girigiri, 2007). Whether as students or not, youths are always at the forefront in the struggle against injustice, oppression, and exploitation. When the expectations of the youths are thwarted, delayed or denied, they have the tendency to be restive. Restiveness could be seen in someone who have excess expendable energy, zeal and drive to forge ahead. Youths are filled with energy and when this energy is positively channeled or guarded, they are highly productive, and hence they are likely to contribute to the overall development of the society. On the other hand, when the energy is negatively channeled, restiveness and its resultant effects are likely to be felt. Enueme & Onyene (2010) observed that to be restive is to be unable to stay still, or unwilling to be controlled especially because one is bored or not satisfied with certain decisions, changed or existing laws considered to be unfavourable. Youth restiveness involves the combination of actions, conducts and behaviour which constitutes unwholesome, socially unacceptable behaviour exhibited by youths in the society. Youth restiveness has been a device used by the youth to get what they want from the relevant authority.

It has been observed by several researchers that the positive way out of youth restiveness is tied to rapid development which consists of complete reorganization and refocusing of the Nigerian state. Furthermore, there must be justice, adequate funding of development projects, the political will to punish criminals accordingly, checking arms running in the region and creation of employment opportunities for the youths (Ojakorotu & Gilbert, 2010). Youth restiveness in the development of the Delta state region cannot be overemphasized because restive activities seem to be related to the nature of underdevelopment accrued to the region. In essence, there seem to be a relationship between youth restiveness and the development levels of the area (Uriah, 2014). For instance, Adesope, Agumagu, & Chiefson (2000) observed that the spate of youth disturbances is particularly serious in the Niger Delta region. According to them the nature of exploitation of the region at the expense of the indigenes has been a major source of worry to the area and has resulted in restive activities. Youths have been at the forefront of agitation for compensation for the exploitation of the Niger Delta area. This is not very surprising given the fact that they form a great portion of the entire society (Uriah, 2014).

Most youths involved in restive acts end up becoming deviants and most times seems to be above the rules and regulations governing their various communities. Most of these deviants in their various homes have out-grown parental control that their parents cannot muster the courage to talk to them neither

attempt to assert control over them (Abenga & Asor as cited in Dienye and Oyet, 2011). The development and cultivation of these deviant acts have been blamed on the parenting styles of parents. Nwachukwu (2010) on this explicated that “the child receives his first lessons on obedience, politeness, tolerance, co-operation and consideration for others from his parents, siblings, playmates and general conditions at home”. It is true that it is what parents’ impact on their children that is reflected in their lives as they mature into adult members of the society (Achumba, 2005). Parents adopt different approaches in bringing up their children; some adopt extreme approaches like authoritative, authoritarian and permissive styles.

Parents have an important role to play as both socializing and control agent over their children’s behaviour. One major component of parental control is monitoring strategy. Children brought up under authoritative parents are characterized by self-assertion, self-reliance, independence, friendly and cooperative because there is unity, understanding and proper child rearing. These enable such children to have positive self-concept that leads to high performance and social competence (Nwogu, 2016).

The State and Federal government at different levels have put in certain security measures to curb this menace yet it seems all efforts are in vein. So many educators and researchers have speculated what could be the cause of this anti-social behaviour among youths but few or none have looked into the youths’ home upbringing. It could be observed by the

researcher that not all youths are involved in this unholy act thus it could be that there exist some differences in their level of parenting style.

Review of Literature

Chikuezi (2009) defined youth restiveness as a combination of actions or conduct that constitutes or runs contrary to accepted societal norms and standard. According to Elegbeleye (2005) restiveness can be defined as a sustained protest embarked upon to enforce desired outcome from a constituted authority by an organized body of youth. It is marked by violence and disruption of lawful activities anywhere it occurs. Youth restiveness has been a device used by youth to get what they want from the relevant authorities. In this vein, youth restiveness can be said to be a determined disposition by a group of youths to use violent force or threat of force to agitate for their needs and dissatisfactions to be met by the appropriate authorities. They see these needs as sacrosanct and very important to meet, as such, they adopt every measure necessary and available to make their requests.

Parenting is a critical aspect of child up bringing in every family and society. Hence, family is the smallest unit that constitutes the society. Okpako (2004) defined parenting as the act of parenthood, the child upbringing, training and rearing or child education. Parents world over, are in search of greener pasture and for some decades, there has been drift of families from their place of origin to urban cities. According to Boroffice (2003) & Hyssong (2000), the incidence of parental separation may result in adolescents’

embarrassment, depression and even make them to miss school, perform poorly academically and participate in delinquent behaviours. So, parenting styles are the method use in guiding, training and schooling a child from a formative year to adulthood in order to fit in to the expected objective of the parents and the society. Some research reports have shown that a large percentage of delinquents come from homes that lacked normal parental love and care. Attention, love and warmth go a long way in assisting the child 's emotional development and adjustment (Odebunmi, 2007). The behavioural problems of most deviants are rooted in their homes (Onyehalu, 2003). Otuadah (2006) noted that when the relationship between the parent and the adolescent is warm, it creates a healthy environment for the development of the adolescent. Parents adopt different approaches in bringing up their children, some adopt extreme approaches like authoritative, authoritarian and permissive styles.

In authoritative parenting, children are lively, happy, self-confident, have ability to master tasks, control emotion, develop social skills and are less rigid. It could be observed that youths from authoritative parenting styles may be less involved in youth restiveness and violent behaviours. Authoritative parenting enables students to have positive self-concept, self-assertion, self reliance, understanding, and creativity that lead to high performance and social competence while other parenting styles lead to anti-social behaviour and that authoritative parenting style have significant influence on students' social interaction (Nwogu, 2016).

Authoritarian parenting is typified by high level of control and demands of the child low levels of communication and, rarely explains why compliance is necessary. It involves strong punishment whenever children deviate or violate standards. It is characterized by high expectations of conformity to parental rules and order. Children under this parenting style are hostile and less responsive to their children's need. Children under this parenting are found to be unfriendly, aggressive and lack both initiatives and enthusiasm in carrying out activities. Girls are found to be shy while boys like bullying. It results to low achievement. From the above characteristics, it could mean that youths from authoritarian parenting style may want to be restive and commit crimes as they might have been frustrated by their parental upbringing but contrary to this observation, Kumuyi and Enake (2004) stated that there is no significant relationship between undergraduates' restiveness and authoritarian parenting styles.

In permissive parenting style, there is low parental control and low responsiveness. It involves high level of nurturance and warmth, and low levels of control and maturity demands. Permissive parents rarely exert control over their children's behaviour and do not closely monitor their activities. Children under this parenting style may be involved in deviant activities. Yet they are emotionally mature, independent, willing to learn and accept defeat. They never learn to adjust to their behaviour and always would want to get away from it. People who give up easily may also not want to be involved in

violent and restive activities as they seem to be emotionally matured but contrary to this assertion, Bello (2016) stated that adolescents from permissive parents are more involved in deviant behaviours. It could also mean that such youths knowing they have low parental control may also motivate them to involve in restive activities.

Causes of Youth Restiveness in Nigeria

There is no official report on the single cause of youth restiveness in Nigeria yet researchers including Ogbeifun (2007) has highlighted some of the causes as total disconnection between people and the State in terms of poor infrastructural development, poverty, unemployment, economic banditry and sabotage on the part of the government; unfaithful implementation of life affecting programs; ethnic marginalization and insensitivity to the plights of the people suffering the multiple negative effects of the destruction (and non-rehabilitation) of their environment through oil exploration, gas flaring and oil spillage which dilapidates farmlands and kill aquatic lives to the point of adversely affecting the people's source of livelihood; poor educational provisions and illiteracy; and so on.

Statement of the problem

The obvious effects of youth restiveness on the Nigerian society are loss of lives and properties, which constitute a major threat to security of the state as well as its corporate existence. It also discourages genuine economic and democratic development. Strategies employed include mass agitations, protests, demonstrations, looting, vandalism, cultism, ethnic militia,

political thuggery among others. Thus, it is against this backdrop that the researchers investigated the parenting styles as determinants of youth restiveness in Delta state.

Objectives of the Study

The aim of this study is to investigate parenting styles as determinants of youth restiveness in Delta state. Specifically, the study intends to:

1. Examine the extent to which authoritative parenting style predicts youth restiveness in Delta state.
2. Find out the extent to which authoritarian parenting style predicts youth restiveness in Delta state.
3. Determine the extent to which permissive parenting predicts youth restiveness in Delta state.

Research Questions

This study was guided by three research questions as follows:

1. To what extent does authoritative parenting style predict youth restiveness in Delta State?
2. To what extent does authoritarian parenting style predict youth restiveness in Delta State?
3. To what extent does permissive parenting style predict youth restiveness in Delta state?

Hypotheses

The following null hypotheses were tested at 0.05 level of significance to guide this study.

1. Authoritative parenting style does not significantly predict youth restiveness.
2. Authoritarian parenting style does not significantly predict youth restiveness.

3. Permissive parenting style does not significantly predict youth restiveness.

Methodology

The study adopted correlational research design to understudy the parenting styles as determinants of youth restiveness in Delta State. A sample of 540 youths was used for the study. Two questionnaires validated by experts in Measurement and

Evaluation were used for the study. Cronbach Alpha reliability technique was used to establish the reliability of the instruments which were found at 0.69 and 0.71. Research questions were answered using simple regression while the corresponding null Hypotheses were tested using t-test associated with regression.

Research Question 1: To what extent does authoritative parenting style predicts youth restiveness in Delta State?

Hypotheses 1: Authoritative parenting style does not significantly predict youth restiveness.

Table 1: Regression analysis of the predictive power of authoritative parenting style on youth restiveness in Delta State.

Variables		N	$\bar{x}$	SD	R	R ²	Adjusted R ²	Std. Error of the estimate
Authoritative parenting style			50.2	0.53				
Youth restiveness		540	51.1	1.12	0.65	0.500	0.432	1.3425

Model		Unstandardized Coefficients		Standardized Coefficients		95.0% Confidence Interval for B		
		B	Std. Error	Beta	t	Sig.	Lower Bound	Upper Bound
1	(Constant)	2.825	.204		13.853	.000	2.424	3.225
	Authoritative parenting style	.582	.029	.654	20.029	.000	.525	.639

Table 1 shows that authoritative parenting style obtained a mean score of 50.2 and a standard deviation of 0.53 while youth restiveness obtained a mean score of 51.1 and a standard deviation of 1.12. Both obtained a correlation coefficient value of 0.65. An R² of 0.500 was also obtained but for a more reliable result; adjusted R² obtained at 0.432 was used to answer the research question. The obtained adjusted R

square showed that authoritative parenting style accounts for 43.2% (0.432 x 100 = 43.2%) variation in youth restiveness. Thus, authoritative parenting style predicts youth restiveness by 43.2%.

The sub-table above shows that the value of the constant a is 2.825 with standard error of .204 while the regression coefficient is .582 with standard error of .029. The value of the slope b after

conversion to standardized coefficients produced a value of .654. The standardized coefficient of .654 is significant at (Sig.) .000. The value of the slope b converted to standardized coefficient is .654. This implies that for every one standard deviation increase in authoritative

parenting, score on youth restiveness increases by .654. The t-value of 20.029 associated with the b-values (standardized and unstandardized) indicates that authoritative parenting style significantly predicts youth restiveness. Therefore, the null hypothesis is rejected.

Research Question 2: To what extent does authoritarian parenting style predicts youth restiveness in Delta State?

Hypotheses 2: Authoritarian parenting style does not significantly predict youth restiveness.

Table 2: Regression analysis of the predictive power of authoritarian parenting style on youth restiveness in Delta State.

Variables	N	$\bar{x}$	SD	R	R ²	Adjusted R ²	Std. Error of the estimate
Authoritarian parenting style		46.3	1.21				
Youth restiveness	540	56.2	1.45	0.49	0.441	0.393	1.2555

Model		Unstandardized Coefficients		Standardized Coefficients		t	Sig.	95.0% Confidence Interval for B	
		B	Std. Error	Beta				B	Std. Error
1	(Constant)	3.655	.233			12.478	.000	2.432	3.228
	Authoritarian parenting style	.822	.093	.725		18.019	.000	.587	.679

Table 2 shows that authoritarian parenting style obtained a mean score of 46.3 and a standard deviation of 1.21 while youth restiveness obtained a mean score of 56.2 and a standard deviation of 1.45. Both obtained a correlation coefficient value of 0.49. An R² of 0.441 was also obtained but for a more reliable result; adjusted R² obtained at 0.393 was used to answer the research question. The obtained adjusted R square showed that authoritarian parenting style accounts for 39.3% ($0.393 \times 100 = 39.3\%$) variation in youth restiveness.

Thus, authoritarian parenting style predicts youth restiveness.

The sub-table above shows that the value of the constant a is 3.655 with standard error of .233 while the regression coefficient is .822 with standard error of .093. The value of the slope b after conversion to standardized coefficients produced a value of .725. The standardized coefficient of .725 is significant at (Sig.) .000. The value of the slope b converted to standardized coefficient is .725. This implies that for every one standard

deviation increase in authoritative parenting, score on youth restiveness increases by .725. The t-value of 18.019 associated with the b-values (standardized

and unstandardized) indicates that authoritarian parenting style significantly predicts youth restiveness. Therefore, the null hypothesis is rejected.

Research Question 3: To what extent does permissive parenting style predicts youth restiveness in Delta State?

Hypotheses 3: Permissive parenting style does not significantly predict youth restiveness.

Table 3: Regression analysis of the predictive power of permissive parenting style on youth restiveness in Delta State.

Variables	N	$\bar{x}$	SD	R	R ²	Adjusted R ²	Std. Error of the estimate
Permissive parenting style		52.2	0.61				
Youth restiveness	540	50.8	0.87	0.76	0.767	0.681	1.329

Model		Unstandardized Coefficients		Standardized Coefficients	t	Sig.	95.0% Confidence Interval for B	
		B	Std. Error	Beta			B	Std. Error
1	(Constant)	4.124	.121		34.057	.000	3.887	4.362
	Permissive parenting style	.264	.003	.969	91.325	.000	.258	.269

Table 3 shows that permissive parenting style obtained a mean score of 52.2 and a standard deviation of 0.61 while youth restiveness obtained a mean score of 50.8 and a standard deviation of 0.87. Both obtained a correlation coefficient value of 0.76. An R² of 0.767 was also obtained but for a more reliable result; adjusted R² obtained at 0.681 was used to answer the research question. The obtained adjusted R square showed that permissive parenting style accounts for 68.1% (0.681 x 100 = 68.1%) variation in youth restiveness. Thus, permissive style predicts youth restiveness.

Table 4.13 above shows that the value of the constant a is 4.124 with

standard error of .121 while the regression coefficient is .264 with standard error of .003. The value of the slope b after conversion to standardized coefficients produced a value of .969. The standardized coefficient of .969 is significant at (Sig.) .000. The value of the slope b converted to standardized coefficient is .969. This implies that for every one standard deviation increase in permissive parenting, score on youth restiveness increases by .969. The t-value of 91.325 associated with the b-values (standardized and unstandardized) indicates that permissive parenting style significantly predicts youth restiveness. Therefore, the null hypothesis is rejected.

Discussion of findings

Authoritative parenting style accounts for 42% variation of youth restiveness. This indicates that authoritative parenting style predicts youth restiveness to a low extent. This finding is similar to that of Nwogu (2016) where he stated that authoritative parenting enables students to have positive self-concept, self-assertion, self-reliance, understanding, and creativity that lead to high performance and social competence while other parenting styles lead to anti-social behaviour.

Authoritarian parenting style accounts for 39% variation of youth restiveness. This indicates that authoritarian parenting style predicts youth restiveness to a low extent. This finding is similar to that of Kumuyi and Enake (2004) where they stated among others that there is no significant relationship between undergraduate's restiveness and authoritarian parenting styles. This finding is different from this current finding probably due to difference in area of study or population type.

Permissive parenting style accounts for 68.1% variation of youth restiveness. This indicates that permissive parenting style significantly predicts youth restiveness in Delta state. This finding is similar to that of Bello (2016) where they stated among others that adolescents from permissive parents are more involved in deviant behaviours.

Conclusion

It was also concluded that youths from permissive parenting style indulge more in youth restiveness compared to those from authoritative and authoritarian parenting styles.

Recommendations

Based on the findings of this study, the following recommendations were made:

- 1) Counsellors should organize seminars, workshops etc to enlighten youths on measures to deviate from restive activities.
- 2) Counsellors should expose parents to develop the authoritative parenting styles to help steer away their children from restive activities
- 3) Parents should spend time acquainting their children with cultural values which may help them stay away from restive activities.
- 4) Counsellors and religious bodies should make effort to teach the parents on the various parenting styles and their implications so they can adjust to the appropriate style.

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