

**Perceived Parental Rearing Practices, Self-Concept and Eating
Problems in University Population**



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Abstract

The present study has been aimed to find the relationship of Perceived Parental Rearing Practices, Self- Concept and Eating Problems. A sample of 300 students was selected through convenient sampling technique, comprising male and female students with the age range 17- 21 and 22 – 25 years with the ($M = 20.78$ & $SD = 1.72$). EMBU-A (Gerlsma, 1991) was used to measure the memories of parental rearing behavior. The Semantic Differential (Osgood, 1962) is a scale used for measuring the *meaning* of things and concepts. EDQ is the students eating problem questionnaire developed by Fairbun and Beglin in 1994. The Correlational results revealed the high positive correlation of emotional warmth father with self concept, mother factor of rejection highly correlated with self concept and high positive correlation factors of eating problems with EMBU-A. Regression analysis revealed that boy's parental rejection was found positively associated with eating problems. The results in secondary t- test show significant difference in demographic variables. The one way analysis of ANOVA showed significant difference in student's class and non significant difference in the education on parental issues. Findings support the eating problems shows positive relation with parental factors. Results are discussed in cultural and implicational terms.

Keywords: EMBU-A, self concept, and eating problems.

Introduction

Parents are commonly the first person in their child to learn trust. Parents and families show importance in child's life. There are different relationships but parent-child relationship is compulsory in individual's life. (Singh, 2012). The parent-child relationship is the combination of behaviors, feelings, and expectations which are particularly found in parent and child. The relationship involves child's development and the meaning of the parent-child relationship is the relationship which affects the parental age, their experience, and confidence on their self. Parents' confidence on their self is compulsory for parental ability. The mother believes that the parents who are effective are more capable than the mothers who think that they are incapable. Parental age tend to be more responsive with children, to cope with parenthood. Parents serve as the primary caregiver for parent-child love relationship. Parents are more responsive by demanding the healthier bond with their children (Aliene, 2004). So Parenting style commonly used in psychology by Diana Baumrind work. Baumrind identified four parenting styles which are authoritative, neglectful, permissive, and authoritarian (Baumrid, 1966). All of them carries different attributes and also bring different responses in the children. Every parent child relationship is different. So parenting style provide guide or give suggestions to grow happy, responsible, productive member of society (Mgbemere&Telles, 2013). The parent child relationship has been changed beyond the recognition in past century. So child-rearing from being a community was based on the individualistic activity. The attitude towards child was to become voluntary and most parents have children by changing their dynamics and perceptions of parenting. This is the