

# Maternal Overparenting and Psychological Resilience in Junior High School Students: Mediating Effect Base on Self-Confidence

Tsai Feng Kao<sup>#1, a</sup>, Yi Zhan Du<sup># 1, b</sup>, Lian Yang<sup>1, c</sup>, Ting Ting Fan<sup>2, d</sup>, Qiu Ying Cai<sup>\*3, e</sup>

<sup>a</sup> g9730808@gmail.com, <sup>b</sup> yizhandu@sgu.edu.cn, <sup>c</sup> \*sgxyyl@sgu.edu.cn,  
<sup>d</sup> tingting6941@zjkju.edu.cn. <sup>e</sup> 1241783379@qq.com

<sup>1</sup> School of Education Science, Shaoguan University, Shaoguan, China;

<sup>2</sup> School of Management, Zhanjiang University of Science and Technology, Guangdong, China;

<sup>3</sup> School of Education Science, Minnan Normal University, Zhangzhou, China

<sup>#</sup>These authors contributed equally to this work

\*Corresponding author

**Abstract.** Objective: To explore the mediating role of self-confidence between maternal overparenting and psychological resilience. Methods: 570 middle school students in Zhangzhou city and Sanming city of Fujian Province were surveyed on the scale of mothers' excessive education, middle student self-confidence questionnaire and adolescent psychological resilience scale. Results: There was a significant positive correlation between maternal overparenting and self-confidence and psychological resilience. The direct effect of maternal overparenting on psychological resilience was 0.037, and the indirect effect of overparenting on psychological resilience under the mediation of self-confidence was 0.049. Conclusion: Self-confidence is a partial mediator between maternal overparenting and psychological resilience.

**Key words** maternal overparenting; self-confidence; psychological resilience

## 1 Introduction

Overparenting also known as helicopter parenting, is one of parenting style, refers to the parents excessive desire to protect children's success and happiness, in order to eliminate the possible obstacles in the growth process, highly involved in children's daily life, provide a lot of help for children, thus the inappropriate parenting style<sup>[1]</sup>. Overparenting as an emerging parenting method, it is different from psychological and behavioral control, is out of good will behavior, is excessive warmth and response<sup>[2]</sup>. At present, the research on overparenting is more extensive in foreign countries, and the research results are more negative results, foreign studies show that excessive parental participation will inhibit children's creativity,<sup>[3]</sup>They had more depression and lower life satisfaction<sup>[4]</sup>And can lead to a lack of autonomy in adolescents, which may also lead to reduced self-efficacy as they become adults<sup>[5]</sup>. But recent studies have also found that overparenting is not all negative, such as Leung<sup>[6]</sup>In their study on a sample of middle school students, et al found that father overparenting was positively associated with adolescent life satisfaction, and maternal overparenting in incomplete families was positively associated with adolescent life satisfaction.

Leung<sup>[2]</sup> believed that the influence of overparenting on children is partly influenced by the cultural background. Chinese and foreign cultural background, China emphasizes "collectivism", family and filial piety, while abroad emphasizes individualism and individual freedom. Coupled with the influence of the one-child policy, parenting in Chinese culture may have different characteristics<sup>[7]</sup>. So, in the Chinese context, what impact will overparenting have on children, and is it necessarily hindering? Empirical studies are needed. Junior high school students are in early adolescence, and these children yearn for freedom and independence and need the protection and supervision of their parents. For junior high school students, school-work pressure and parents' parenting style are important factors affecting children's physical and mental health. If there is improper, there may be depression, anxiety, or lack of self-confidence, psychological resilience is low, and unable to deal with study and life well. Research shows that the formation of self-confidence is affected by many factors, such as family and school, and the parenting style in the family is a major reason for affecting self-confidence<sup>[8]</sup>. Psychological resilience is a good adaptation of an individual in the face of great pressure. It is a stable psychological attribute of self-protection. Influenced by family upbringing style, it can help individuals to challenge and overcome difficulties with a positive and active attitude and confidence<sup>[9][10]</sup>.

In the influence of parents on their children, father and mother play different roles. In China, under the background of "men dominate the outside and the inside", fathers are more likely to play the role of "supporting the family", while mothers are responsible for raising children and managing the family. Compared with fathers, mothers often participate in children's daily life<sup>[2][11]</sup>. In addition, some studies have shown that there is a significant positive relationship between confidence and psychological resilience, and that confidence can significantly predict psychological resilience<sup>[12]</sup>. Based on previous studies, this paper will explore the relationship between maternal parenting and confidence and psychological resilience of junior high school students from the perspective of junior high school students, and put forward the following assumptions: Hypothesis 1: Maternal overparenting, confidence, and psychological resilience are mutually correlated; Hypothesis 2: Confidence mediates maternal overparenting and psychological resilience.

## **2 Methods**

### **2.1 Research objects**

A total of 570 junior high school students from four middle schools were selected from Zhangzhou city and Sanming city, including 266 in boys, 304 in girls, 257 in grade one, 208 in grade two, 105 in grade three, 66 as only children, 504 as non-only children, 242 from towns and 328 from rural areas.

### **2.2 Research Tools**

Maternal overparenting was measured using Fu Xin<sup>[11]</sup>The revised "Junior High School Maternal Overparenting Scale", with 31 questions and 7 dimensions, adopted the 6-point scoring method, from "very disagree" to "very agree". The higher the score, the higher the level of maternal overparenting. The Cronbach  $\alpha$  coefficient of this scale was 0.924. Self-confidence adopts Luo<sup>[13]</sup>The Middle School Students' Confidence Scale, which contains 6 dimensions

and has a total of 36 questions, has an internal consistency coefficient of 0.891. The questionnaire adopts a five-point scoring method, ranging from "completely inconsistent" to "fully compliant". There are 8 reverse scoring questions in the questionnaire, and the corresponding score conversion should be done when scoring. Higher scores indicate higher confidence. The Cronbach  $\alpha$  coefficient of this scale in the present study was 0.833. Psychological resilience was measured using Hu and Gan<sup>[14]</sup>The Adolescent Psychological Resilience Scale has 27 items, including 12 reverse scoring questions. The corresponding score conversion is made, and the internal consistency coefficient is 0.85. Level 5,1 means "completely inconsistent" and "5 means" full fit ", the higher the scale score, the better the psychological resilience. The Cronbach  $\alpha$  coefficient of this scale was 0.817.

### 3 Results

#### 3.1 Common method deviation test

Since the data of this study came from an empirical investigation, the common method bias may affect the data results, so the homology bias was tested by the Harman single factorial test. The results showed that the unrotated principal component factor analysis yielded 31 factors with features greater than 1, and the first factor explained 9.71% of variation, less than 40%, so there is no serious common methodological bias problem in this study.

#### 3.2 Correlation analysis

In order to explore the relationship between excessive parenting, confidence and psychological resilience, the three variables of excessive parenting, confidence and psychological resilience were carried out Pearson Correlation analysis, with the results shown in Table 1, there were two significant positive relationships between maternal overparenting, self-confidence and psychological resilience.

**Table1** correlation analysis of maternal overparenting, self-confidence, psychological resilience

	maternal overparenting	self-confident	psychological resilience
maternal overparenting	1		
self-confident	.385**	1	
psychological resilience	.209**	.343**	1

\*\* $p < 0.01$

#### 3.3 Regression analysis of maternal overparenting, self-confidence and psychological resilience

Related analysis results show that the maternal overparenting, self-confidence, psychological resilience pair significant positive correlation, the next for maternal overparenting, self-confidence, psychological resilience gradually regression analysis, maternal overparenting as an independent variable (X), psychological resilience as a dependent variable (Y), self-confidence as a mediating variable (M), regression analysis results shown in Table2.

Stepwise regression analysis showed that maternal overparenting ( $\beta=0.385, p<0.001$ ) significantly predicted confidence, and maternal overparenting ( $\beta=0.209, p<0.001$ ) ( $\beta=0.091$ ), confidence ( $\beta=0.308, p < 0.001$ ).Next, the Bootstrap test of process plug-in of SPSS26.0 was used

to analyze the mediation effect model of maternal overparenting, self-confidence and psychological resilience. Model selection 4,5000 repeated sampling, and the confidence interval was selected 95%. If the confidence interval did not contain 0, the mediation effect was significant. The results of Bootstrap test showed that the direct effect of maternal overparenting on psychological resilience was significant, the indirect effect confidence interval generated by confidence did not include 0, the effect size was 0.0495, and the indirect effect was significant. In addition,  $a*b$  ( $0.2736 * 0.1809$ ) is the same as  $c'$ , indicating that self-confidence plays a partial mediating role between maternal overparenting and psychological resilience, and the mediation effect accounts for 56.70%. The details are shown in Table 3. The mediation effect relationship of overparenting, confidence and psychological resilience is shown in Figure 1.

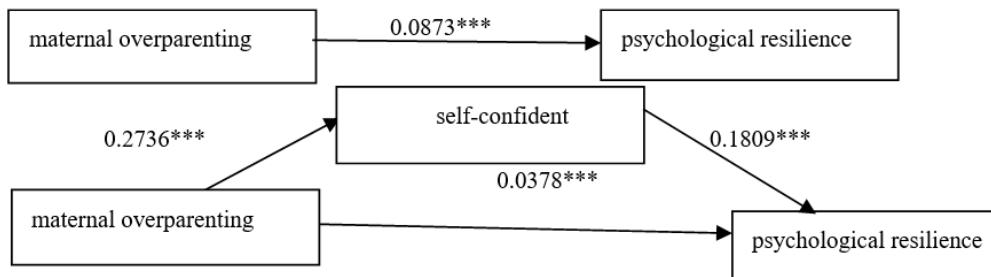
**Table 2.** Regression analysis of maternal overparenting, self-confidence, and psychological resilience

dependent variable	independent variable	B	$\beta$	$R^2$	Adjusted $R^2$	$t$
self-confident	overparenting	0.274	0.385	0.148	0.147	9.947***
psychological resilience	overparenting	0.087	0.209	0.044	0.042	5.102***
psychological resilience	overparenting	0.038	0.091			2.128*
	self-confident	0.181	0.308	0.125	0.122	7.239***

\* $p < 0.05$ ; \*\*\* $p < 0.001$

**Table 3.** Results of total effects, direct effects and mediating effects

	Effect	Boot SE	Boot LLCI	Boot ULCI	Effect ratio
Total effect	0.0873	0.0171	0.0537	0.1209	
direct effect	0.0378	0.0178	0.0029	0.0726	43.30%
indirect effect	0.0495	0.0089	0.0335	0.0682	56.70%



**Figure 1** The mediating effect of self-confidence between maternal overparenting and psychological resilience

## **4 Discussion**

### **4.1 The relationship between maternal overparenting and self-confidence**

The results of this study showed that maternal parenting and confidence in junior high school students, and the results were those with Zhang Chu and Wang Jiangyang<sup>[8]</sup>The research results are consistent, but there are differences with the views of western scholars<sup>[15][16][17]</sup>. Analysis of the possible reasons for this result: first, due to the cultural differences between China and the West, western countries advocate personality freedom, belongs to individualism, parents attention may cause their resistance psychology, that parents excessively involved in their life; and Chinese culture pay attention to "family view", "good filial piety first", belong to collectivism, the mother's excessive behavior will not let the children produce strong resistance, they think this is the mother to their care, and can accept this behavior, in the feeling of parents care children, self-confidence level will not be bad. Second, the previous foreign research is given priority to with adults, compared with the previous subjects, the subjects of this study for junior high school students, younger, has not yet left the family independent life, also have dependence on parents have certain, physical and mental development need parents care, excessive parenting behavior for children's learning life has certain help.

### **4.2 The relationship between maternal overparenting and psychological resilience**

The results showed that maternal overparenting showed a significant positive correlation with psychological resilience, although western studies are inconsistent<sup>[18]</sup>. However, the research of domestic scholars has found that in the family parenting style, trust factors and emotional warmth factors are significantly positively correlated with psychological resilience, and autocratic factors and neglect factors are significantly negatively correlated with psychological resilience<sup>[19]</sup>. As mentioned above, due to the young age of junior high school students, plus the traditional Chinese cultural background, junior high school students' resistance to the mother's excessive parenting behavior is not serious, in the eyes of children, the mother's love for themselves can help them against difficulties and setbacks; and Leung<sup>[6]</sup>It also points out that early adolescent children also need the supervision and support of parents. When children adapt to the new environment and new academic challenges, maternal overparenting may have a certain protective effect on children, and parental support and protection can help them solve problems and improve their adaptability.

### **4.3 The relationship between self-confidence and psychological resilience**

The results of this study showed that self-confidence and psychological resilience were significantly positive related, and the level of psychological resilience would increase with the improvement of confidence level. This result was consistent with the findings of Pinar et al<sup>[20]</sup>. Generally speaking, individuals with a high level of confidence are more positive and optimistic, which can better regulate psychological pressure, and will not be too anxious in adversity. Their own positive and optimistic characteristics can help to help individuals face setbacks and difficulties bravely and overcome adversity. Individuals with low self-confidence level are easy to be nervous and timid when they encounter problems, and it is difficult to adjust themselves well when they are threatened or under great psychological pressure. Therefore, improving self-confidence level is a good way to cultivate psychological resilience.

#### **4.4 The mediation of confidence between maternal overparenting and psychological resilience**

Using maternal overparenting as the independent variable, psychological resilience as the dependent variable, and confidence as the mediator variable, the results showed that confidence partly mediated between overparenting and psychological resilience. Therefore, in addition to the direct impact on psychological resilience, overparenting can also have an indirect impact on psychological resilience through self-confidence. In this study, junior middle school students in early adolescence, not from the family of independent life, closely linked with family, have certain dependence on parents, the mother's excessive breeding behavior may be within the scope of most junior middle school students, they feel may not be mother monitoring and excessive participation, etc., but the mother of their care, meet the basis of the subjects. Feel love children in the family, easy to have a confident personality, confident people more positive and optimistic, in interpersonal communication, academic performance, overall performance can be more freely, confidence if can improve, psychological toughness nature will improve, it can help the individual when he calm to face, brave challenge difficulties.

Self-confidence in the development of people is a very important quality, it is the most direct and the best way to form in the family, so hope parents can give children a warm and friendly family environment, let children can become confident individuals, have good psychological toughness, better resistance learning pressure and difficulties in life.

## **5 Conclusion**

### **5.1.Educational advice**

#### **5.1.1. Correct and objective view of excessive education, in the process of parenting for children should choose the right way.**

The results of this study show that maternal overparenting is significantly and positively associated with self-confidence and psychological resilience, indicating that parental care and care are crucial to the healthy growth of their children. Give children more care when they are young, and cultivate their confidence and psychological resilience in a warm family. But it does not mean that parents can always blindly to excessive breeding, the author thinks that all the parenting is theoretical reference, is not choose a single, the best parenting can "easy" parenting children, every child is a unique individual, the growth of the child is a long process, children grow in the outside learning change, at the same time, parents of children parenting style also along with the growth of the age and gradually change. First of all, at the beginning of the growth of children, parents do a good job of guide auxiliary, give children care and love, let the child can perceive the mother's love, at the same time in daily life parents can properly cultivate children's independent ability, without the arrangement of all things, believe that children have a lot of potential, their decisions may take a little immature, parents can guide is given priority to, with children slowly exercise themselves. Secondly, parents can keep the habit of communicating with their children when they are young. They should respect their children's ideas in communication and do not force them to impose their own ideas on their children. Finally, when the child's wings grow gradually, gradually let go of their own

holding the child's hands, so that the child can spread his wings to fly, bravely face and meet the challenge.

### **5.1.2. In the process of raising children, children's psychological resilience can be improved by cultivating their level of self-confidence**

The results of this paper find that self-confidence plays a partial intermediary role between maternal overparenting and psychological resilience, so parents can cultivate children's confidence level in the process of raising their children, and achieve the effect of improving children's psychological resilience level. First, the family is an important place to cultivate children's confidence. A harmonious, warm and friendly atmosphere in the family is conducive to the improvement of children's confidence level. Therefore, family members care for each other, parents get along well, and parents respect their children's ideas and requirements, which is of great benefit to children's confidence and mental health. Second, in the process of children's growth, can not leave the topic of academic performance, parents keep in mind "not to the length of the length", find more children's shining points, encourage children to develop their strengths, parents to the encouragement and support of children help children to form a good level of confidence. Third, enrich the children's spiritual world, the spiritual world of the rich world to give children confidence. With the improvement of public living standards, parents will do their best to give the child good material life, appropriate material life also can not ignore the cultivation of the spiritual world, parents can guide their children to learn more thinking, expand parent-child reading, communication reading experience, spend more time with children is a good method.

### **5.2 Insufficient research**

At the same time, this study has some limitations and deficiencies, so future studies can be further explored and improved. Firstly, firstly, only some students from Sanming City, Fujian Province were tested; in particular, there are many measurement tools in this study, and students are likely to be impatient when filling out the questionnaire, which may have some influence on the study results. Third, the current domestic lack of excessive breeding of measurement tools, this study adopts the measurement of excessive breeding tools belong to just revised questionnaire in recent years, not after a lot of test, the future study of excessive breeding, hope to develop a set of Chinese cultural background, suitable for the use of measuring tools in China.

**Acknowledgment.**This work was funded by the scientific research funds for 2022 Shaoguan University doctoral talent introduction project, China (Project Number: 9900064703; 9900064602). The funding sources had no role in study design.

### **References**

- [1]Leung J T Y, Shek D T L.Validation of the perceived Chinese overparenting scale in emerging adults in Hong Kong [J].Journal of Child and Family Studies, 2017, 27(1):103-117.
- [2]Leung J T Y .Overparenting, parent-child conflict and anxiety among Chinese adolescents: A cross-lagged panel study [J].International Journal of Environmental Research and Public Health, 2021, 18(22):11887.

- [3]Zheng W, Wu Y J, Ma Z, Mai Y.Is overparenting harmful to creativity?[J].Creativity and Innovation Management, 2019, 29(1):21-32.
- [4]Schiffirin H H, Liss M, Miles-McLean M H, Geary K A, ERchull M J, Tasner T .Helping or hovering?The effects of helicopter parenting on college students' well-being [J].Journal of Child and Family Studies, 2014, 23(3):548-557.
- [5]Lindt S.Over-parenting in middle school: How can parents help?[J].Frontiers in Ducation Technology, 2019, 4(2):201-207.
- [6]Leung J T Y.Too much of a good thing: Perceived overparenting and wellbeing of Chinese adolescents in Hong Kong [J].Child Indicators Research, 2020,13:1791-1809.
- [7] Xia Yujuan, Kong Fanchang. The connotation, influence and aftereffect of helicopter education [J]. Psychological Science, 2021,44 (3): 612-618.
- [8]Zhang Chu and Wang Jiangyang. Research on the relationship between self-confidence and family parenting style among college students [J]. Health Education in China, 2016,32 (2): 124-126.
- [9] Sun Min. Research on the influence of parenting style on psychological resilience and self-esteem [D]. Shanghai Normal University, 2014.
- [10]Zhang Ying. Study on the influence of parenting style and family functioning on the psychological resilience of high school students in the home environment [D]. Jilin University, 2012.
- [11]Fu Xin. Relationship between maternal overparenting and perfectionism in junior middle school students: the mediating role of maternal psychological control [D]. Minnan Normal University, 2020.
- [12]Çutuk S, Sertbaş K, Çutuk Z A.Investigating the relationship between self-confidence, psychological resilience and problematic internet use [J].International Journal of Social Sciences Educational Studies, 2020,7(4):48-58.
- [13]Luo Hong. Study on the preparation and influencing factors of the confidence questionnaire for middle school students [J]. Fujian Normal University, 2008.
- [14]Hu Yueqin, Gan Yiqun. Preparation and validity validation of the adolescent psychological resilience scale [J]. Psychological Journal, 2008,40 (8): 902-912.
- [15]Gagnon R J, Garst B A.Examining overparenting and child gender in adolescence [J].Journal of Child and Family Studies, 2019, 28:2876-2890.
- [16]Kwon K A, Yoo G, Gagne J C.Does culture matter?A qualitative inquiry of helicopter parenting in Korean American college students [J].Journal of Child and Family Studies, 2017, 26(7):1979-1990.
- [17]Schiffirin H H, Yost J C, Power V, Saldanha E R, Sendrick E.Examining the relationship between helicopter parenting and emerging adults' mindsets using the consolidated helicopter parenting scale [J].Journal of Child and Family Studies, 2019, 28:1207-1219.
- [18]Locke J Y, Campbell M A, Kavanagh D.Can a parent do too much for their child?An examination by parenting professionals of the concept of overparenting [J].Australian Journal of Guidance and Counselling, 2012, 22(2):249-265.
- [19] Zhou Hongru. Research on the relationship between family parenting style, self-efficacy and psychological resilience among junior high school students [D]. Hebei University, 2021.
- [20]Pinar S E, Yildirim G, Sayin N .Investigating the psychological resilience, self-confidence and problem-solving skills of midwife candidates [J].Nurse Education Today, 2018, 64:144-149.