

**PERSONALITY FACTORS, PERCEIVED PARENTING STYLES AS  
PREDICTORS OF SUBSTANCE USE AMONG UNIVERSITY STUDENTS**

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**ABSTRACT**

**Introduction:** The aim of this study was to investigate the correlation between drug usage and teenagers' perceptions of their parents' parenting styles. Specifically, the study aimed to examine how different parenting styles influence adolescents' propensity for drug use.

**Methodology:** Data for this study was collected from 230 students attending three different universities in the area. Qualitative research methods were employed, utilizing a Biographical Questionnaire, the Drug Use Disorders Identification Test (DUDIT) to measure drug use, and the Parental Authority Questionnaire (PAQ) to assess students' perceptions of their parents' authority.

**Results/Findings:** The findings revealed that adolescents with lower levels of drug use tended to perceive their parents as

*Authoritative. However, neither authoritarian nor permissive parenting styles showed significant associations with drug use outcomes. Additionally, a notable gender difference was observed, with males demonstrating higher rates of drug consumption compared to females.*

**Future Research Direction:** *More study should examine the processes relating parenting styles to teenage drug use. Peer, socioeconomic, and cultural factors may moderate the association between parenting methods and drug use, thus studies should examine these. Additionally, interventions to improve parental education and knowledge of adolescent drug usage prevention measures should be created and tested to reduce juvenile substance use.*

*Key Words: Adolescent, Personality, Substance*

## INTRODUCTION

Adolescents are in a constant state of discovery, inquiry, and a quest for their own sense of self. Substance addiction and misuse are examples of risk-taking behaviors that are a part of this period of discovery (Wang et al., 2023). Substance abuse include the use of any and all psychoactive drugs that alter one's state of mind, cognitive processes, or behavioral or motor abilities ( Dolev-Cohen, & Escario, 2019). Misuse of substances is a significant factor in the overall morbidity and mortality rate across the world, and it is also the main cause of death in several countries. (Khattak & Ahmad, 2022). There are other related problems, such as withdrawal syndrome and tolerance, which present them in the form of anxiety and a state of lethargy, reduced levels of energy and headaches exhaustion abnormalities of the gastrointestinal tract sleep deprivation feeling lightheaded palpitations and cramping tremors and desires to graze (Sahithya & Raman, 2021).

Negative parenting behaviors, which may include both emotional and physical abuse, as well as the manner in which developing adolescents absorb and interpret these practices, have a substantial influence on the young people in question. Research has shown that certain personality qualities, such as extraversion and neuroticism, are linked to the use of drugs by adolescent transparency dependability and a good disposition (Zakari & Oluwaseyi Musibau, 2023). On the other hand, studies show that having even one parent who exhibits excellent parenting practices protects a child from experiencing unfavorable consequences as an emerging adult. Some research suggests that mother parenting is more likely to impact paternal parenting (Vafaenejad et al., 2020).

According to the research on emerging adolescents some outcomes and parenting styles are linked to certain personality characteristics. (Tomaszek & Muchacka-Cymerman, 2019). In addition, young people who score higher in neuroticism are more likely to see parental actions especially those from their childhood with hostility. Additionally, females who had suffered sexual abuse as a kid reported considerably higher levels of neuroticism than those who had not (Udemba et al., 2022). According to theories on drug misuse, those who score higher on the neuroticism scale are more prone to use substances when they're feeling overwhelmed by negative emotions or situations (Benchaya et al., 2019).

Multiple studies have shown that student drug use is at alarmingly high rates. Parenting styles are one of the factors that researchers have identified as having an important part in the drug addiction among students (Ergenlerin et al., 2020). Parental style includes both the degree to which parents are responsive and the degree to which they are demanding, two essential components of good parenting (Reis et al., 2020). According to the World Health Organization (WHO) the use of psychoactive drugs accounts for roughly 5.4% of the worldwide burden of disease in 2016 (Anwar et al., 2022). Adolescents and young adults who account for 3.16 percent of Pakistan massive and growing population often began using "gateway drugs" including nicotine alcohol and marijuana at extremely young ages (Benchaya et al., 2019).

Parents the government and society in general are becoming more concerned about the prevalence of substance use and misuse among students enrolled in higher education. If it is true that young people will be the leaders of tomorrow and if it is also true that they deserve a decent education then the fact that they use and misuse substances might impede them from achieving the objective that they have set for themselves (Etemadi et al., 2020).

### Research Questions

1. How do personality factors predict substance use among university students?
2. How do perceived parenting styles predict substance use among university students?

### Research Objectives

1. To examine the relationship between perceived parenting styles and substance use among adolescents
2. To investigate the association between adolescents' personality factors and substance use
3. To explore the interaction between perceived parenting styles and personality factors in

predicting substance use among adolescents.

### **Hypothesis of the Study**

1. There is a significant relation between score higher on neuroticism and lower on conscientiousness among students
2. The students who perceive their parents as neglectful or authoritarian, will be more likely to engage in substance use compared to those who score lower on neuroticism and higher on conscientiousness

### **LITERATURE REVIEW**

According to the study's theoretical model, two important aspects of parenting practices are responsiveness and demandingness (Akhter et al., 2020). These characteristics are used to describe four distinct approaches to parenting, which are referred to as authoritative, neglectful, indulgent, and authoritarian (Hafeez, Iqbal & Imran, 2021). The approach of parenting known as authoritative parenting is characterized by high levels of both control and affection for the child. Neglectful parents are characterized by a lack of attention toward their children as well as limited displays of affection. Parents who indulge their children are warm and affectionate but have little requirements of them (Abu Hassan Asaari et al., 2019). Authoritarian parents have poor levels of support for their adolescents and are extremely demanding of their children (Ashraf et al., 2019).

Particularly, research conducted on university students revealed a correlation between using illegal drugs and a lack of feeling monitored by adults and a lack of ever feeling understood by one's parents (Benchaya et al., 2019). Recent research on parenting styles, including indulgent parenting, has linked this method to higher levels of self-esteem in students as well as more fulfilling academic success (Etemadi et al., 2020). According to the findings of a research, the authoritarian style is linked to poor levels of self-esteem as well as high levels of drug abuse (Naji et al., 2021). The purpose of the study that (Ergenlerin et al., 2020) conducted was to investigate the effect of a number of different aspects of personality traits on drug usage among college students. It was determined that some aspects of one's personality have an effect on whether or not a college student would take drugs (Oad, & Niazi, 2021).

According to Padır et al., (2020) investigated the relationship between extroversion and alcoholism among students at Obafemi Awolowo University in Ile-Ife, in Osun State. She found a

high association between these two variables. (Mirnics et al., 2021) conducted an investigation on the relationship between personality and drug usage using a non-student sample of 600 civil, mechanical, and electrical engineers (Nawaz, Noor, & Ahmed, 2023). According to the findings of a recent study, personality characteristics such as agreeableness, conscientiousness, and openness to experience have a substantial role in one's propensity to use drugs and alcohol (Almeida et al., 2020).

Conducted research on 234 long-distance commercial truck drivers in a Pakistan n metropolitan area in order to investigate the influence of personality variables on the use of psychoactive drugs. It was shown that drivers' personalities are the best indicators of whether or not they consume drugs. Extroversion and openness to experience were shown to be significant predictors of drug use in a sample of 121 commercial drivers, according to study carried out by (Paolucci, 2020).

According to Hong et al., (2019) conducted research on the effect that personality variables have in drug usage among a group of 223 college students in a city located in the southwestern part of Pakistan. The research showed that individual variations in traits of personality are connected with individual differences in drug usage. Researchers (Taggart et al., 2020) investigated the relationship between the personalities of 459 young people and the amount of drug use that they reported. It has been shown that some aspects of a person's personality are excellent predictors of future drug usage (Saba, Shanzay & Elshamy, 2023).

## **METHODOLOGY**

Quantitative research was conducted because each participant was evaluated using the same scales, it is now possible to compare the replies of all of the participants (Basu, 2022). This made it possible to identify associations that were statistically significant between parents' perspectives on their parenting approaches and the amount of drug use shown by their children.

### **Research Sample**

The sample for this research will include 230 university students. During the 30-day follow-up phase, university students who participated in the research (a) filled out the Demandingness and Responsiveness Parental Scale and (b) called in. Participants gave their verbal agreement to participate in the study after receiving a verbal explanation of the research's goals. No data were gathered from the children and adolescents who (a) did not wish to engage

in the study, (b) claimed to have been under the influence of a drug during the call, (c) did not return for the 30-day follow-up, or (d) did not complete the parental demandingness and responsiveness assessments.

### **Data Collection**

The collection of data was place at each individual school during the period that was given for life orientation. The questionnaires for the research were distributed to the participants at the start of the class, and they were allowed the full allotment of time 45 minutes to finish filling them out. Following that, the subjects were administered the Parental Authority Questionnaire and the Drug Use Disorders Identification Test (Musa & Basir, 2021).

### **Research Procedures**

Following receipt of authorization from the Institutional Review Board (IRB), participant they left the study in the middle of the process (Lacy-Nichols & Williams, 2021). A randomization technique was used to establish the order in which the participants responded the questionnaires (CTSPC, M5-50, and Polydrug Use Scale). In addition to filling out separate forms for their mothers and fathers, the participants were charged with completing questionnaires based on their most recent perceptions. After the end of the activity, the participants were each handed a blank form to fill out in order to get them ready for the debriefing that was going to come next.

### **Research Instruments**

#### **Parenting Style**

In order to assess instances of abusive conduct on the side of parents, the Conflict Tactics Scale: Parent-Child Version was used (Garousi Mokhtarzadeh et al., 2020). This scale was developed by Straus, Hamby, Finkelhor, Moore, and Runyan. This scale is consisting of 22 questions, and it employs a scale that varies from "This never happened" to ">20 times in an average year" in order to measure the frequency with which parents participate in a variety of kinds of physical and psychological abuse against their children (Bukhari, Khan, & Haq, 2024). This scale has been shown to have a high level of construct validity and a test-retest reliability of up to 0.80, according to study conducted by Straus et al. in 1998.

#### **Personality Factors**

The McCord's M5-50 is a standardized personality test that consists of 50 questions and

was established in the year 2002. A scale that ranges from Very Inaccurate to Very Accurate is used in order to accomplish this task. The five-factor model of personality traits is evaluated using this scale. Using this specific exam, personality qualities of adults were assessed. These traits were agreeableness, openness, neuroticism, conscientiousness, and extraversion (Jauk & Ehrental, 2021)."

### Substance Use

The Polydrug usage Scale is a kind of tool that is used for the purpose of assessing a person's degree of drug usage as well as their perspectives on the hazards and advantages that are linked with drug use. This test, which consists of 44 questions, is used for the purpose of assessing a person's drug consumption. The participants are asked to choose whether or not they engaged in the activity in question, the frequency with which they did so, and their evaluations of the hazards that were associated with participation in the activity (Park et al., 2022).

### RESULTS:

The research was carried out with the involvement of a total of 230 students who were enrolled in university. The researcher was taken aback by the fact that there were 95 female participants and 135 male participants among the adolescents that took part in the study. The participants were of both genders. The majority of the participants said that they were able to speak in Urdu.

**Table 4.1:** *Descriptive statistics of variables*

	Descriptive Statistics				
	N	Mean	Std. Deviation	Skewness	Kurtosis
Age	230	1.213	.4104	1.411	-.010
Gender	230	1.413	.4935	.356	-1.890
Substance User	230	1.296	.4573	.901	-1.198
BFI	230	1.8515	.47200	2.812	8.621
Parenting Style	230	2.4346	1.12408	1.099	-.495
Substance Use	230	3.0520	.94064	-.693	-1.049

According to the results, 69.9 people out of a total sample size of 230 are described as drug users who are in the no to minimal stage. Another 29.2 individuals are categorized as



substance users who are in the difficult stage, and 0.8 individuals are labeled as substance dependents. Descriptive ratings of parenting styles perceived by mothers and fathers notorious. In all honesty, there were forty-one students and five spots available in the substance-free In all honesty, there were forty-one students and five spots available in the substance-free order. order. 68 have a history of abusing various substances. In addition, a gender study reveals that 29.6% of the male members (N = 68) use gadgets, as opposed to 70.4 % who do not presently use any. 35.8 percent of the female members really make use of the equipment, whereas the remaining 64.2 percent (N = 95) do not.

*Table 4.2: Reliability test*

ANOVA <sup>a</sup>						
Model		Sum of Squares	df	Mean Square	F	Sig.
1	Regression	37.595	2	18.798	25.857	.000 <sup>b</sup>
	Residual	165.026	227	.727		
	Total	202.622	229			

Because of the specific nature of a sizeable fraction of the information that was acquired, the method of analysis that was performed was adjusted to be non-parametric in order to account for this aspect of the data. A Kruskal–Wallis friction test was carried out so that it could be determined whether or not there were significant variances in the control variables

*Table 4.3: Coefficients of variables*

Coefficients <sup>a</sup>						
Model		Unstandardized		Standardized		Sig.
		B	Std. Error	Beta	t	
1	(Constant)	4.335	.240		18.085	.000
	BFI	-.278	.123	-.140	-2.270	.024 (accepted)
	Parenting Style	-.316	.051	-.377	-6.131	.000 (accepted)

a. Dependent Variable: SUBSTAN

When comparing the rates of drug usage among men and women in the star, the results of the goods demonstrate that there is a significant gap in substance use between the sexes (p =



0.017,  $df = 1$ ). These outcomes, in addition to early data that has been analyzed descriptively, seem to demonstrate that particularly more male donors than performers take drugs.

*Table 4.4: Group samples*

Group Statistics									
	Gender	N	Mean	Std. Deviation	Std. Error Mean				
SUBSTANCE USE	Male	135	3.1200	.91446	.07870				
	Female	95	2.9553	.97333	.09986				

  

Independent Samples Test									
Levene's Test for Equality of Variances									
		F	Sig.	t-test for Equality of Means					
				t	df	Mean Difference	95% Confidence Interval of the Difference		
							Lower	Upper	
SUBSTAN	Equal variances assumed	2.493	.116	1.310	228	.16474	-.08309	.41256	
	Equal variances not assumed			1.296	194.423	.16474	-.08603	.41550	

As was proven in the office, there was not a significant difference in the amount of drug use based on age of the individual members ( $p = 0.809$ ,  $df = 1$ ). Due to the fact that the seminars are held in various locations across the Mitchell Plain region, it is vitally necessary to establish that the rate of drug usage among members is unaffected by the variances in geographical location.

**Table 4.5:** *Authoritative Parenting Style Substance Use Correlation*

	Correlations					
	1	2	3	4	5	6
1. Age	1					
2. Gender	-.070	1				
3. Substance Use	.058	-.137*	1			
4. BFI	.015	-.021	-.085	1		
5. Parenting Style	-.084	.003	.025	.227**	1	
6. Substance Use	.064	-.086	-.020	-.225**	-.409**	1

\*. Correlation is significant at the 0.05 level (2-tailed).

\*\*. Correlation is significant at the 0.01 level (2-tailed).

The findings provide credence to the findings that were presented when it came to the inflexibility of the use of addictive drugs in conjunction with the usage of persons hailing from certain faculties. There was not a significant difference in the contributors' usage of substances based on whether or not they attended university ( $p = 0.211$ ,  $df = 2$ ).

**Table 4.6:** *Perceptions of Authoritarian Parenting Style Substance Use Correlation*

Correlations			Substance Use Score (Female)	Authoritarian Score Father
Spearman's rho	Substance Use Score	Correlation	1.000	-.091
		Coefficient		
		Sig. (2-tailed)	.	.318
		N	151	121
	Authoritarian Score	Correlation	-.091	1.000
		Coefficient		
		Sig. (2-tailed)	.318	.
		N	121	188

Participants' drug use is inversely related to their perceptions of their parents' authoritarian parenting approaches, however this relationship is not statistically significant ( $r = -0.104$ ).

**Table 4.7:** *Perceptions Permissive Parenting Style Substance Use Correlation*

Correlations		Substance Use Score (Female)	Permissive Score Father
Spearman's rho	Substance Use Score	1.000	.159
	Correlation Coefficient		
	Sig. (2-tailed)	.	.082
	N	151	121
	Permissive Score	.159	1.000
	Correlation Coefficient		
	Sig. (2-tailed)	.082	.
	N	121	188

The individuals' drug usage was weakly and non-significantly correlated with their perceptions of their dads' authoritarian parenting techniques ( $r = -0.091$ ).

## DISCUSSION

Those adolescents whose parents adopt more authoritarian parenting approaches are less likely to try with drugs and alcohol themselves, according to the findings of a research that was conducted on teenagers in Pakistan who hailed from a region of Faisalabad that is infamous for drug usage. This discovery is significant because it shows that a preventive strategy that targets parental habits may be able to reduce the amount of drug use among adolescents in this high-risk location, and maybe even throughout the whole country (Rachelle Wapaño, 2021). This finding is noteworthy because it allows one to make the conclusion that there is a means to reduce the amount of drug usage that occurs among students (Khosro, Oad, & Ahmad, 2023).

There is a broad spectrum of possible factors that may play a role in the drug misuse that occurs among students. The results of this research have not demonstrated in a way that can be

considered definitive that any of the several styles of parenting that are regarded to be associated with an increase in the incidence of drug use among students. On the other hand, the findings of this research have shown without a reasonable doubt that parenting styles that are regarded to be authoritative are associated with a much reduced prevalence of drug use among students.

The results indicate that there is a substantial negative association between perceived authoritative parenting styles and the general prevalence of drug use among students. In a nutshell, the results of these studies and those of other researchers suggest that there are a lot of characteristics involved with the use of drugs by teens that are unconnected to the parenting tactics of adults or the viewpoints of adolescents themselves (Martínez et al., 2023). The goal of this study was to analyze one feature of the several sides that have been tried to explain teenage drug use, namely the relationship between students' impressions of their parents' parenting practices and their very own substance usage as young adults (Fleming, 2020). According to the results of the study, there seems to be a correlation between authoritative parenting methods and a reduction in the total amount of drug use among adolescents. It is conceivable to reach the conclusion that an approach to parenting that is seen to be authoritative could have an important impact in the process of avoiding drug abuse by students.

### **Conclusion**

The findings of the research indicate that the dynamic that exists between parents and children is an essential component in determining the extent to which parenting styles have an impact on the behavioral outcomes of adolescents. This is because the manner in which a child's parents raise them has a significant impact on the child's emotional and psychological development later in life. There are a variety of parenting styles, each of which fosters a unique interactional bond between the parent and the kid, which in turn results in different developmental outcomes for children.

### **Recommendations and Future work**

- Any intervention that is done in the field of teenage drug use should take into account.
- The inclusion of psychoeducation about the protective elements of utilizing an authoritative parenting style into parenting therapies should be seriously explored as a kind of preventative approach.
- Additional research should focus on a more diverse group of adolescents in order to

achieve a more accurate depiction of the relationship between permissive and authoritarian parenting styles and adolescent substance use.

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