

# Parent-Child Relationship and Resilience among Medical College Students during Covid-19 Lockdown

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## Abstract:

The COVID-19 pandemic created an unprecedented global crisis, disrupting lives and routines while exposing individuals to significant psychological stress. This study examines the relationship between parent-child interactions and resilience among medical students during the pandemic-induced lockdown. Using the Parent-Child Relationship Scale (PCRS) and Nicholson McBride Resilience Questionnaire (NMRQ), data from 100 medical students (50 males and 50 females) were analysed. Findings indicate significant gender differences, with males reporting stronger parent-child relationships and females demonstrating marginally higher resilience levels. A moderate positive correlation was found between parent-child relationship quality and resilience. These results highlight the pivotal role of familial bonds in fostering resilience during times of crisis.

**Keywords:** Parent-child relationship, resilience, medical students, COVID-19, psychological well-being

## Introduction:

The COVID-19 pandemic reshaped the global social and psychological landscape. For medical students, who not only grappled with academic pressures but also bore witness to the devastating effects of the virus; this period underscored the critical importance of resilience.

### Parent-child relationships

Parent-child relationships form the cornerstone of an individual's emotional and psychological development. From childhood through adulthood, supportive parental interactions foster emotional security, problem-solving skills, and a positive self-image. Conversely, rigid or authoritarian parenting styles can hinder emotional growth specially during crisis.

### Resilience

Resilience refers to the ability to adapt, recover, and grow stronger in the face of adversity. Rooted in cognitive and emotional regulation, resilience is cultivated through internal traits and external support systems, such as familial bonds. Theories like Rutter's lifespan approach and Walsh's family resilience framework emphasize the protective role of family in developing coping mechanisms during periods of stress. Review of Literature:-

Rachmawati, Setyosari, Handarini & Hambali (2021) examined whether social support from parents & self-efficacy correlate with Resilience among adolescents , study showed that social support had a significant relationship with Resilience and self-efficacy had a significant relationship with Resilience.

Wang, Lin, Huang, Han, Hsiao & Chan (2021) carried a study on undergrad nursing student's Resilience during their surgical clinical practicum. The findings highlighted the need for facilitators to re-examine their teaching strategies and provide supplementary support to help students to improve their Resilience. Jimenez, Watson & Manzo (2021) did a study on 487 college students of resilience development through familial support. Family support was related to better academic and psychological outcomes.

Alsop, Wang, Dew (2020) conducted a study on parent-child relationship and the Psychological control of father and mother. The results indicated that the association of Parents-'materialism and parent-child relationship differed by gender.

Chung, Lanier & Wong (2020) aimed to understand how parents' perceived impact of COVID-19 increased harsh parenting and reduced parent-child relationship closeness through the mediating effects of parenting stress. Showed that risk factors for potential child abuse, supporting parents and mitigating the impact of COVID-19 which are important.

Kumari & Kumar (2020) investigated the relationship and gender differences among Parent Child Relationship and five clusters of Defence Mechanisms. The results revealed significant Gender Differences in protecting Father, Symbolic Punishment by Father, Demanding Father, Symbolic reward by Father & Mother in Parent Child Relationship and Turning Against Object Defence Mechanisms.

Steele and McKinney (2019) examined the moderating effect of parent-child relationship quality on parenting style and emerging adult internalizing and externalizing problems among 2732 college students. Results indicated that the lowest rates of emerging adult internalizing and externalizing problems were associated with higher parent-child relationship quality in same-sex parent-child dyads within the context of authoritative parenting.

Patel (2019) conducted a study to examine the effect of parent child relationship of 120 teenagers. The findings suggested that there was no significant difference in gender in relation to parent child relationship.

Gogia & Som (2018) did a study to find relationship between parent child relationship & happiness among 100 under graduate students. The results showed that there is significant relationship between friendship and happiness but there is no such significant relationship between parent-child and happiness among undergraduates.

Tian, Liu & Shan (2018) conducted a study on Parent child relationship & resilience among Chinese students. The findings showed that the relationship of parent-child relationship and the resilience were essentially interceded by self-esteem.

Lahiji & Besharat (2018) studied the attachment styles on the basis of a healthy family. The findings showed that there was a positive correlation between the secure attachment and family function and negative correlation between ambivalent and avoidance attachment.

Tamura (2018) conducted a study on effect of Parent child relationship on Resilience among 268 university students. Findings suggested that youth's perception of their parent-child relationships in childhood significantly affected the development of resilience.

Champel & Varescon (2017) conducted a study on the family functioning and the risk of children developing dependent behaviour. And was found that appropriate monitoring, clear family rules, a low level of family conflict and harmonious relationships between parents and child are the factors that protect teenagers from psychoactive substances abuse.

Hicks and Baggerly (2017) investigated the effectiveness of an online format of child parent relationship therapy in increasing parental acceptance of participants' children with positive outcome. Sulimani,

Sivan, & Davidson-Arad (2017) examine hope among youth who were removed from home to care facilities for youth. Parting from parents can arouse feelings of failure and affect the child's self-esteem, as children relate their removal to their “bad behaviour”.

Revol et al (2017) determined the validity of the French Version of Conners' Parent Rating Scale–Revised, Short Version (CPRS-R:S) on the bases of Sex and Age. Caution should be taken in using dimension Cognitive problems/Inattention in comparisons between boys and girls. Tavares, Brandão and Matos (2017) systematically reviewed findings from quantitative and qualitative studies on parenting and parent-child relationships in families where mothers had breast cancer (BC). The evidence suggests that the families of women with BC, and particularly the women themselves, may benefit from informal and formal support aimed at helping them cope effectively with this challenging life event. Bagga and Saini (2017) conducted a research to examine the perception of adolescent children of their parents and their relationship with them.. The results of the study showed that boys perceived their parents to be more strict and firm compared to girls. Sarita (2016) conducted a comparative study of parent child relationship of male and female secondary school students in private and government schools. Results revealed that there is no significant difference between Parent- Child relationship of male and female students of secondary school. Hooda and Tyagi (2016) investigated the effect of parent-child relationship on gender and residential background among 400 students No significant effect of residential background was found on parents–child relationship in the present study. Anagnostaki .et al (2016) conducted a study on Resilience in immigrant youth in Greek schools. It reveal that social and immigrant status, two societal-level, social position variables that may also involve experiences that are outside the control of the family and youth, present further risks to youth's academic achievement. Kaur & Maheshwari (2015) conducted a study to assess parent child relationship of school children.. The results suggested that majority of the child had cordial relationship with their parents. Rojas (2015) did a study on factors affecting Resilience in middle school students it is possible to identify and describe different protective factors from the family, such as family guidance, family support, and opportunities for meaningful family involvement that explicitly foster Resilience in at risk-students. Erberber et al. (2015) carried out research on Resilience in socially disadvantaged children. Findings were that Environments of high academic achievement appear to support Resilience among disadvantaged students. T & Srivastava (2014) did a study on Effect of Parent child relationship on adolescents' self-esteem. Results indicated that hypothesis was correct & significant difference was seen in mothers & fathers' relationship with their child.

Barmola (2014) conducted a study on parent-child relationship & emotional stability in children. The findings suggested that there is significant relationship between parent-child relationship & emotional stability among the high school students. Jasoria, Gupta & Singhvi (2014) study intended to determine whether the parent child relationship would predict emotional maturity among school going students. The results suggest that the neglecting parent child relationship negatively affects emotional maturity of the school going students. Parkin & Kaczynski (2012) examined then adolescent perspective rules and resistance within the parent -child relationship. The study concluded that adolescents use different strategies to resist parental rules & expectations. Sharma (2012) studied to determine the effect of gender and academic achievement on Mother Child Relationship of secondary school. The results indicated boys and girls differ significantly in mother child relationship on symbolic punishment and object punishment areas of mother child relationship. Perez et al. (2009) conducted a study on Resilience among Latino students. The study examined the Resilience of undocumented immigrant Latino students.

Result reported higher levels of academic success than students with similar risk factors and lower levels of personal and environmental resources.

Due to sudden unexpected unprecedented outbreak of Covid 19 the effect of which might cause significant gender differences in parent – child relationship and resilience among medical students; a significant positive correlation between parent – child relationship and resilience also expected.

This study explores how parent-child relationships impact resilience among medical students during the pandemic lockdown, a unique period characterized by isolation ,uncertainty, and high stress levels.

## Methodology:

### Objective

To investigate the relationship between parent-child relationships and resilience among medical students during the COVID-19 lockdown, with a focus on identifying uncertainty, and high stress levels.

- Sample Size: 100 medical students (50 males and 50 females).
- Location: Medical College, India.
- Sampling Method: Convenience sampling.

### Instruments: Parent-Child Relationship Scale (PCRS)

- **Description:** 100-item questionnaire assessing 10 dimensions (e.g., protection, rejection, neglect).
- **Reliability:** Test-retest reliability between 0.77 and 0.87.

### Nicholson McBride Resilience Questionnaire (NMRQ)

- **Description:** 12-item Likert scale (1 = strongly disagree, 5 = strongly agree).
- **Reliability:** Cronbach's alpha = 0.80.

### Procedure

Participants were approached through virtual interactions and asked to complete the PCRS and NMRQ via Google Forms. The purpose of the study was explained, informed consent was obtained, and confidentiality assured. Data analysis involved descriptive statistics, t-tests, Pearson correlation, regression analysis, and ANOVA using MS Excel.

## Results

The aim of the study was to find the relationship between the parent-child relationships on Resilience. Here, the parent-child relationship has been gauged via 100 questions asked from the children (male & female) related to their relationship with their parents and 12 questions on Resilience. These questions have been captured from Nicholson McBride Resilience Questionnaire (NMRQ). For each question, scores are apprehended in between 1-5, where 1 stands for strongly disagree and 5 stands for strongly agree. Data of 100 students are taken to present results. The linear statistical regression method has been used to present results..

The table below illustrates values related to the collected data as per female, male and overall level. According to the data, the mean value of PCRS score for female and male is close to 201.0 & 224.1, and their respective resilience values are as follows 50.9 & 49.8. This infers that both male & female students have shown an exceptional level of Resilience when it compares to the parent-children relationship. However, males have shown slightly high (224.1) relationship with their parents as

compared with females (201.0) whereas the resilience level of the females is little higher (50.9) as compare with males (49.8). Table 1 shows the descriptive statistics of PCRS & Resilience score.

**Table1: Descriptive Statistics; Mean & Standard deviation of PCRS & Resilience score in both genders**

Category	Sub-Category	PCRS Score	Resilience Score
Female	Mean	201.0	50.9
	Std. Deviation	17.9	5.8
	No. of Records	50	50
Male	Mean	224.1	49.8
	Std. Deviation	17.8	7.0
	No. of Records	50	50
Total	Mean	212.6	50.4
	Std. Deviation	21.2	6.4
	No. of Records	100	100

**Table 1.1 T-test - Table depicting significant gender difference in PCRS & Resilience scores of males & females**

	p-value	Level Significance	Outcome
<b>PCRS</b>	0.00	<0.05	Significant (2 tail)
<b>Resilience</b>	0.03	<0.05	Significant (2 tail)

From the table above we can infer that since P value is <0.05 our result is significant i.e. there is significant gender difference in PCRS & Resilience scores of males & females.

**Table 2-Pearson correlation co-efficient shows the correlation between Parent -child relationship & Resilience Correlations**

		Resilience	PCRS
Resilience	Pearson Correlation	1	.698
	Sig. (2-tailed)		.049
	N	100	100
PCRS	Pearson Correlation	.698	1
	Sig. (2-tailed)	.049	
	N	100	100

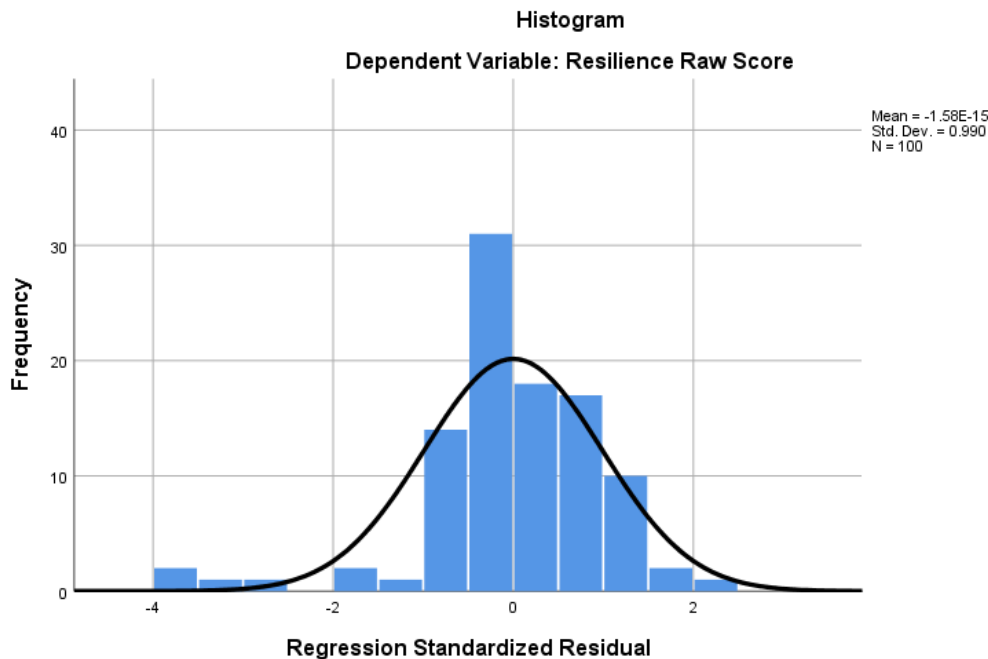
The above table displays the results for the Pearson Correlation Coefficient for Correlation. The correlation coefficient was found out to be 0.698. The p-value is 0.049. Since p-value is <0.05, there is significant correlation between the two variable.

In regards to the model shown in table 2 r-square is close to 0.60 that means 60% of the variance can be explained from the below model where in correlation between PCRS score and Resilience is close to 24.4%.

**Table 2.1: Correlation using Regression method between PCRS scores & resilience scores**

Model Summary				
Model	R	R Square	Adjusted R Square	Std. Error of the Estimate
Over All	.244 <sup>a</sup>	0.60	0.40	0.5246
a. Predictors: (Constant), PCRS Score				

## Histogram of dependent variable; Resilience Raw score



As per the histogram, data is normally distributed and the mean value is close to 1.5 and the deviation from the mean is close to 0.99.

Since the F-value is close to 3.082 and significant value is close to 0.050, it can be inferred that data is significant. This concludes that, Parent-Child Relationship does have an impact on Resilience where parent-child relationship score is an independent variable and Resilience is dependent variable as shown in Table 3.

**Table3: ANOVA depicting level of significance between Parent Child Relationship & Resilience.**

One way ANOVA <sup>a</sup>						
Model		Sum of Squares	df	Mean Square	F	Sig.
Over All	Between groups	1.696	2	0.848	3.082	.050 <sup>b</sup>



	Within groups	26.693	97	0.275		
	Total	28.389	99			
<b>a. Dependent Variable: Resilience</b>						
<b>b. Predictors: (Constant), PCRS</b>						

## Regression equation of the data would be:-

$$\text{Resilience} = 2.345 + (0.402 * \text{PCRS Score}) + (0.256 * \text{Gender})$$

In the coefficient table below, PCRS Score and Gender have shown a significant impact on Resilience with beta coefficients of 0.402 and 0.256. This infers that, when Resilience goes up by 1% then the parent-children relationship will also go up by 40.2% and gender impact will go up by 25.6%.

T-value of PCRS score is close to 2.3 and gender is 2.04 with a significant value less than 0.05. Hence, it can be concluded that Parent-Child Relationship does have an impact on Resilience where males impact is slightly higher than females on PCRS score as per the respondents. Overall PCRS score of the students is close to 212.6 and their Resilience is close to 50.4 (exceptional level of Resilience). (Table 4)

**Table 4 Regression coefficient depicting significant relationship of Parent child relationship & Resilience.**

Coefficients <sup>a</sup>						
Model		Unstandardized Coefficients		Standardized Coefficients	t	Sig.
		B	Std. Error	Beta		
Over All	(Constant)	2.345	0.762		3.078	0.003
	PCRS Score	0.402	0.175	0.271	2.300	0.024
	Gender	0.256	0.125	0.240	2.040	0.044
a. Dependent Variable: Resilience						

## Discussion:

The aim of the study was to find the relationship between the parent-child relationships on Resilience. Here, the parent-child relationship has been gauged via 100 questions asked from the children (male & female) related to their relationship with their parents and 12 questions on Resilience. These questions have been captured from Nicholson McBride Resilience Questionnaire (NMRQ). For each question, scores are apprehended in between 1-5, where 1 stands for strongly disagree and 5 stands for strongly agree. Data of 100 students are taken to present results. The linear statistical regression method has been used to present results. Our hypothesis is true i.e. there is moderate correlation between Parent child relationship & Resilience. Correlation between PCRS score and Resilience is close to 24.4%. Regression shows that there is 60 per cent impact of PCRS on Resilience. We can say from our data that with parental support resilience can be build.

H1: There will be significant gender difference in Parent-child relationship & Resilience among Medical College Students during Covid-19 Lockdown.

Table 1.1 shows significant gender difference. From the data collected we are getting significant difference in PCRS score & in resilience score in males & female sample since the p-value from t-test is <0.05 which indicates that result is significant.

H2: There will be significant relationship between Parent child relationship & Resilience among Medical College Students during Covid-19 Lockdown.

Table 2: The correlation coefficient was found out to be 0.698. The p-value is 0.049. Since p-value is  $<0.05$ , there is significant correlation between parent-child relationship & resilience.

Table 2.1: In regards to the model, r-square is close to 0.60 that means 60% of the variance can be explained from the below model where in correlation between PCRS score and Resilience is close to 24.4%. Hence proving hypothesis 2. It is showing significant correlation between both variables.

Table 3: ANOVA depicting level of significance between Parent Child Relationship & Resilience.

Table 4: In the coefficient table below, PCRS Score and Gender have shown a significant impact on Resilience with beta coefficients of 0.402 and 0.256. This infers that, when Resilience goes up by 1% then the parent-children relationship will also go up by 40.2% and gender impact will go up by 25.6%.

Medical students have the uniqueness in compared to other students who were confined to their homes during pandemic, medical students have witnessed severe mortality & morbidity of covid patients from close quarters & also they had taken active participation during pandemic for the health care of covid patients. They have been exposed to the fear of death, uncertainty & state of despair still working bravely on the front lines risking their lives to save others' lives. With the help of good parental support students can overcome mighty hills like challenges in their lives. They can turn their challenges into opportunities & learn & grow in life.

Various theories like Bowlby's attachment theory (1971), Mandelco & Perry's (2000) resilient system theory McLeod's Family Stress Model (1990) provide a solid foundation to support our findings.

A study by Tian, Liu & Shan (2018) conducted a study on association between parent child-relationship & resilience. 304 participants were taken for the study. Structural Equation Modelling was used for analysing data. The results indicated there is association between Parent-child relationship & resilience further supporting our findings.

Rachmawati, Setyosari, Handarini & Hambali (2021) examined whether social support from parents & self-efficacy correlate with resilience among adolescents. The aim of the study was to determine relationship between social support of parents & self-efficacy with resilience. Study involved 315 students of VII graders of middle school around Malang City, Indonesia. Measurements used were a scale of resilience, social support scale, and self-efficacy scale to be applied to the population of the state middle school students in Malang City. Data analysis was using multiple regression research. The results showed that social support had a significant relationship with Resilience and self-efficacy had a significant relationship with resilience..

## Conclusion

Hence, it can be concluded that there is significant relationship between Parent-Child Relationship & Resilience where males impact is slightly higher than females on PCRS score as per the respondents. Overall PCRS score of the students is close to 212.6 and their Resilience is close to 50.4 (exceptional level of Resilience). Hence hypothesis has been proved.

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