

## The Impact of Perceived Parenting Styles on Problem-Focused Coping Among Young Adults: The Mediation Role of Differentiation of Self

**Chenchen MA**

Graduate, City University of Hong Kong, Hong Kong

**Raymond Wai-Man CHAN**

City University of Hong Kong, Hong Kong

### **Abstract:**

Parenting style is a topic which has been explored in the fields of psychology, social work and mental health for years. However, its relationship with self-differentiation and coping strategies has not yet fully explored. In this study, it was to investigate how the parenting styles as perceived by the Chinese college students influenced their level of self-differentiation and the ways they coped with stress. Results reported that perceived authoritarian parenting was found to impede self-differentiation, while authoritative parenting was to foster it. Students with higher self-differentiation level were more likely to use reflective coping strategies and less likely to use distancing in problem-solving. Education level was found to be associated with level of self-differentiation. Authoritative parenting style, as perceived by the Chinese college students, was reported to be associated positively with reflective coping strategies, while perceived authoritarian parenting style was not negatively associated with reflective coping strategies when the level self-differentiation was controlled.

### **Keywords:**

parenting style, self-differentiation, coping strategies.