



# THE RELATIONSHIP BETWEEN PARENTING STYLES AND PROCRASTINATION BEHAVIOURS: A SYSTEMATIC REVIEW

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## Research Highlights

Influences from parenting styles to procrastination behaviours have received increasing attention recently. This study aimed to conduct a systematic literature review to look into the effects of different parenting styles on procrastination behaviours across 11 studies based on the PRISMA guidelines. The finding showed that majority of the studies adapted the Baumrind's parenting typologies to analyse the relationship between parenting styles and procrastination behaviours. Since most studies evaluated the academically related procrastination, limited attention was devoted to chronic or dysfunctional procrastination. The review found that children who grown with the parents characterized by high demand but with low warmth (authoritarian), neglected have a high tendency to procrastination behaviours. In contrast, parents who emphasized more on high demand and high warmth (authoritative), good quality of parent-child attachment, inspiring, acceptance and involvement were inversely related to procrastination behaviours. The review also found that father and mother parenting styles have different influences on procrastination behaviours.

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## Graphical Abstract

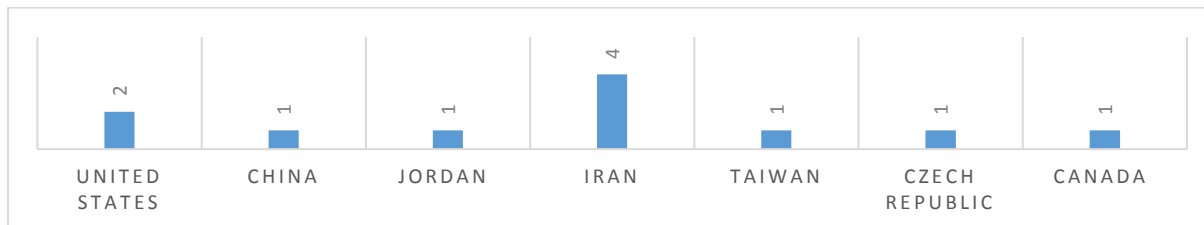


Figure 1: Numbers of publication based on countries.

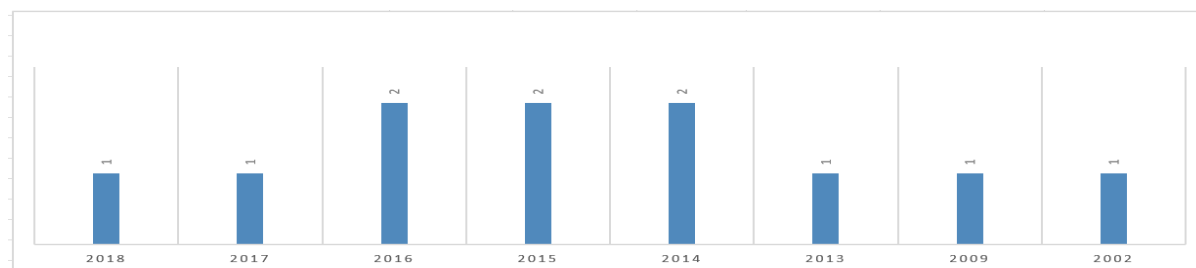


Figure 2: Numbers of publication per year.

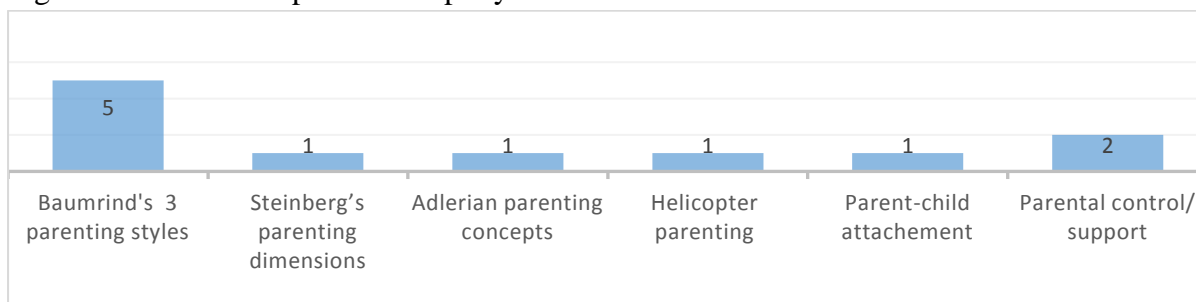


Figure 3: Types of parenting typology adapted across selected studies.

## Research Objectives

The major objective in this study was to conduct a systematic review based on the available literature to synthesize the relationship of different parenting styles on procrastination behaviours. The secondary objective was to identify the dominant type of procrastination behaviour that received the most attention from the previous researchers among the selected studies. Besides, the study also investigated the influences from paternal and maternal parenting styles to procrastination behaviours.

## Methodology

The study followed the practices stated in preferred reporting items for systematic reviews and meta-analysis (PRISMA) to this review. The inclusion process of all relevant studies begun by conducting a search through the 7 electronic databases known as Scopus, ScienDirect, Taylor & Francis Online, Springer Link, SAGE Journals, Web of Science and Google Scholar. During the searching process, the study applied a relevant set of keywords or phrases such as



‘parenting styles’, ‘parental control’, ‘parental autonomy’, ‘procrastination’ to narrow down the search parameter. Besides, the criteria of inclusion also being imposed on 788 articles for further screening. The inclusion criteria were stated below:

- i) Articles that focused on parenting style and procrastination behaviors;
- ii) Articles published in English;
- iii) Articles published between the year of 2000 to 2018;
- iv) Presented with original data.

As a result, a total of 11 articles have fulfilled the inclusion criteria and adapted in this systematic literature review.

## Results

The study found that most studies related to parenting styles and procrastination behaviours were conducted in Iran. Besides, the issue of parenting styles and procrastination has received more attention through the consistent publication found from the year of 2013 to 2018. The study also revealed different ways such as i) Baumrind’s parental typologies, ii) parental autonomy support and control, iii) parent-child attachment, v) helicopter parenting style, vi) Steinberg’s parenting dimensions and vii) Adlerian’s parenting concepts were used to categorized different parenting styles across previous studies. However, Diana Baumrind’s parental typologies known as authoritative, authoritative, permissive and neglected parents were adapted by the majority of the studies (5/11). Furthermore, some studies (4/11) have divided the parenting styles into maternal and paternal perspectives and found a direct relationship between authoritative and authoritarian fathers to procrastination behaviours while mother will influence through the mediation of self-worth. In the context of procrastination behaviours, most studies (8 /11) were focused on academically related procrastination. A small number of studies were either looked into the general procrastination (2/11) or the combination of academic and general procrastination as a single construct (1/11).

## Findings

Diana Baumrind’s parental typologies possesses a strong empirical basis since it was adapted in most studies over others. All previous studies showed that authoritarian, overprotected, permissive and neglected parents will increase one’s tendency to procrastinate while authoritative parents have a negative relationship with procrastination behaviours. (Chen & Chang, 2017; Esmaeili & Monadi, 2016; Javady & Mahmoudi, 2015; Mahasneh, Bataineh, & Al-Zoubi, 2016; Pychyl, Coplan, & Reid, 2002; Sedlakova et al., 2014; Soysa & Weiss, 2014; Zakeri, Esfahani, & Razmjooee, 2013). Besides, the academic procrastination has received the most attention among the selected studies, created a research gap between parenting styles and other forms of dysfunctional procrastination behaviour. The review also found that father has direct influences to children’s attitude towards task completion compared to mother due to his authority power in the family.



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