



**A STUDY ON THE INFLUENCING FACTORS OF  
PARENTING STYLES OF PARENTS IN SHANGHAI**

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**AN INDEPENDENT STUDY SUBMITTED IN PARTIAL FULFILLMENT  
OF THE REQUIREMENTS FOR THE DEGREE OF  
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This Independent Study has been Approved as a Partial Fulfillment of the  
Requirements for the Degree of Master of Business Administration

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### ABSTRACT

This study explored the influencing factors of parenting styles in families with children in Shanghai and their theoretical foundations based on the empowerment theory. The aim is to construct a structural model of the influencing factors of parenting styles in Shanghai's families with children, verify the research hypotheses and the model, and subsequently provide a scientific basis and corresponding strategies for improving the parenting styles of parents in Shanghai.

Initially, this study conducted a systematic review of the relevant research findings on the empowerment theory and parenting styles. It provided a thorough analysis of the factors influencing parenting styles in families with children in Shanghai, explored the connections between each factor and the corresponding parenting styles, and offered targeted suggestions for improvement. These suggestions offer valuable references for improving parenting styles in Shanghai's families with children.

This study explored the impact of four key factors, namely marital satisfaction, parental education level, time spent accompanying children, and household noise level, on parenting styles in Shanghai's families with children. A quantitative research method was employed in this study. A total of 400 questionnaires were distributed, of which 322 were valid, yielding a response rate of 80.5%. Through empirical research, it was found that marital satisfaction, parental education level, time spent accompanying children, and household noise level all have a significant influence on the parenting styles in Shanghai's families with children.

Based on the findings, the following suggestions are proposed for families: (1) Nurture the marriage wholeheartedly to create a warm and well-ordered family environment. (2) Engage in continuous learning to enrich the reservoir of parenting knowledge. (3) Make reasonable plans and arrangements to provide children with high-quality companionship. (4) Foster a quiet and harmonious atmosphere.

**Keywords:** empowerment theory, parenting style, influencing factors.

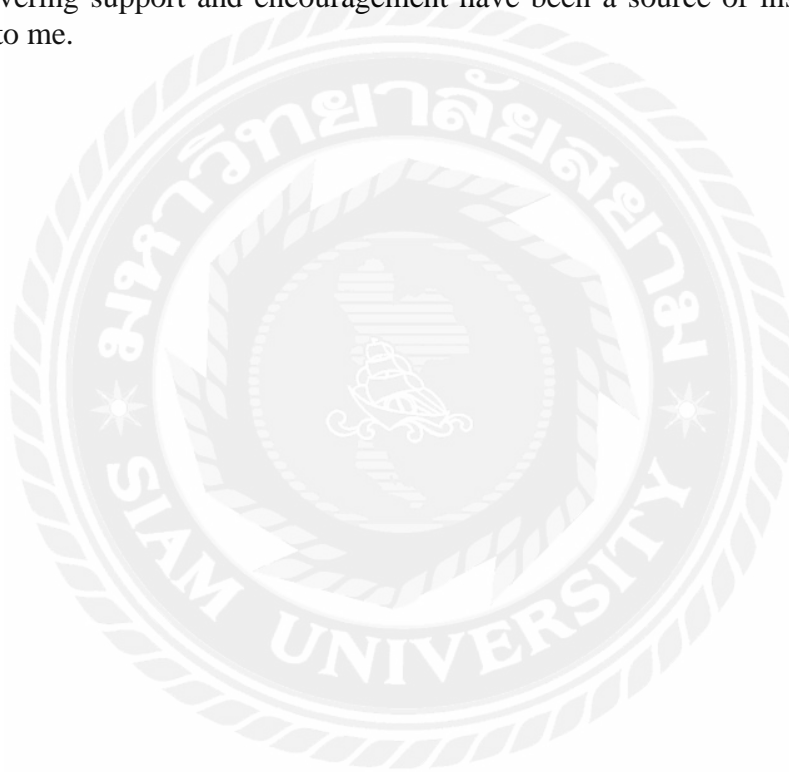
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JIN QIYU



## DECLARATION

I, Ji, hereby certify that the work embodied in this independent study entitled " *A Study on the Influencing Factors of Parenting Styles of Parents in Shanghai*" is result of original research and has not been submitted for a higher degree to any other university or institution.

(JIN QIYU)  
July 23, 2025



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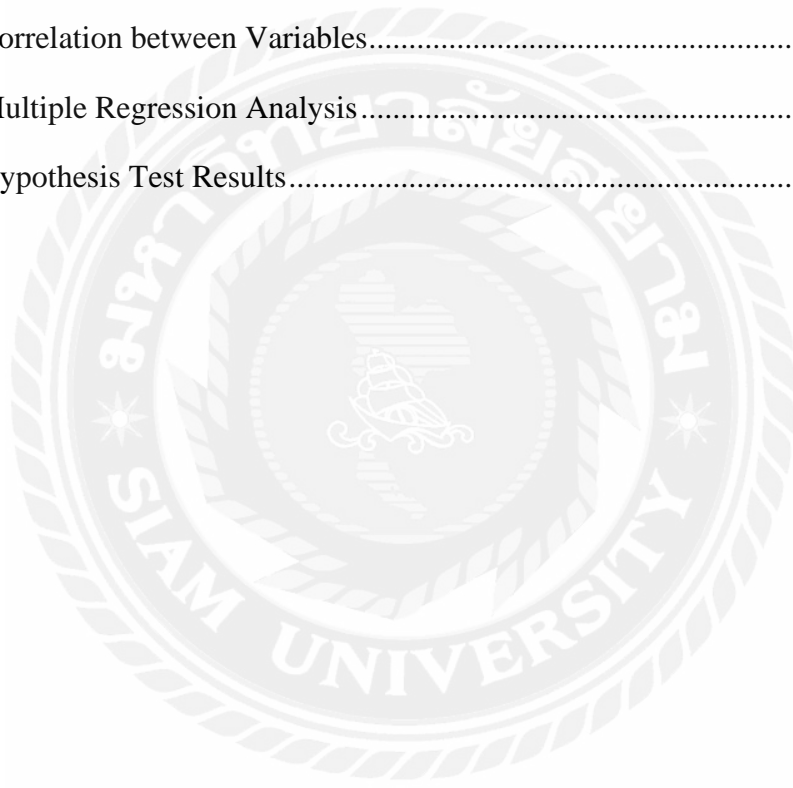
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# Chapter 1 Introduction

## 1.1 Background of the Study

On January 1, 2022, the Family Education Promotion Law of the People's Republic of China was officially implemented in China. This law explicitly stipulates that parents or other guardians bear the responsibility for the family education of minors. They are required to nurture children in aspects such as moral character, physical fitness, life skills, cultural literacy, and behavioral habits to promote the comprehensive and healthy growth of minors. The promulgation and implementation of numerous policy documents highlight the great importance the state attaches to parental rearing and provides a solid policy basis for standardizing and guiding family education (Xiong, 2024). Families are expected to offer personalized nurturing support for children's growth and development to meet the unique needs of different children at various stages of their growth.

Scientific parenting styles significantly influence children's development. At different stages of a child's growth, their physical and mental development characteristics vary. When parents adopt scientific, healthy, and appropriate parenting styles based on children's developmental needs, it greatly benefits children's healthy growth and future development. During the critical period of a child's cognitive development, if parents can provide abundant learning resources and positive guidance, it helps stimulate children's learning interests and potential. In terms of children's emotional management, scientific and reasonable parenting styles can assist children in learning to correctly identify and express their emotions and cultivate good emotional regulation abilities (Chen et al., 2022).

Families bear the dual responsibilities of nurturing and educating children during their development. Family members are the first group of people with whom children have close contact in the early stages of their lives, and their words and deeds have a profound impact on children. In the family environment, children will imitate their parents' behavioral habits, values, and ways of handling things. These early imitations and learnings are crucial for the formation of children's personalities. The individual traits of children within the family also have a counteractive effect on parents' parenting styles. For example, children with lively and active personalities may require more attention and guidance from their parents to prevent excessive mischief, while children with introverted and sensitive personalities may need their parents to be more meticulous in protecting their self-esteem and adopt gentle and encouraging parenting styles (Khani, 2019).

In-depth research on the differences in family parenting styles of parents helps identify nurturing support strategies suitable for children's development through comparison and avoiding nurturing behaviors that are detrimental to children's growth. Due to differences in factors such as cultural backgrounds, economic conditions, and

parents' educational levels, different families exhibit diverse characteristics in their parenting styles. By comparing and analyzing these differences, we can discover which parenting styles are more conducive to children's all-round development and which may pose potential risks. This provides support for personalized parenting, enabling parents to adjust their parenting strategies according to their children's characteristics. Harmonious family relationships and a good family ecosystem can provide children with a stable and secure growth environment, promoting their physical and mental health and personality perfection.

This study examines the current parenting styles of parents in Shanghai families. It aims to understand the specific manifestations and characteristics of parenting styles in different Shanghai families, analyze various factors influencing parenting styles of parents in Shanghai, and propose targeted suggestions and measures to develop parenting styles of parents in Shanghai, thereby creating a more favorable family environment for children's healthy growth and all-round development.

## **1.2 Questions of the Study**

This study aims to explore the factors influencing parenting styles of parents in Shanghai, based on the empowerment theory. It focuses on four dimensions: marital satisfaction, parental education level, time spent accompanying children, and household noise level, to reveal the mechanisms through which each factor affects parenting styles.

- (1) Does marital satisfaction influence parenting styles of parents in Shanghai?
- (2) Does parental education level influence parenting styles of parents in Shanghai?
- (3) Does time spent accompanying children influence parenting styles of parents in Shanghai?
- (4) Does household noise level influence parenting styles of parents in Shanghai?

## **1.3 Objectives of the Study**

Taking families with children in Shanghai as research subjects and based on the empowerment theory, this study comprehensively constructs a framework of the core influencing factors of parenting styles of parents in Shanghai. Based on the questionnaire data analysis, corresponding strategies are proposed to support personalized parenting for children, which is conducive to coordinating family relationships and maintaining the sound development of the family ecosystem.

(1) To explore the impact of marital satisfaction on parenting styles of parents in Shanghai.

(2) To explore the impact of parental education level on parenting styles of parents in Shanghai.

(3) To explore the impact of the time spent accompanying children on parenting styles of parents in Shanghai.

(4) To explore the impact of household noise levels on parenting styles of parents in Shanghai.

## **1.4 Scope of the Study**

This questionnaire survey targets families with children in Shanghai, with the Leshan Community in Xuhui District of Shanghai selected as the sample area for the research. The community had a permanent resident population of approximately 6,000 households. The questionnaires were filled out by either the father or the mother in the family to ensure the representativeness of the information sources. To ensure the diversity and representativeness of the sample, a random sampling method was adopted. Four hundred families were randomly selected from the community's family database as the research sample. The sample characteristics covered various demographic variables including gender, age, educational level, and average monthly income to comprehensively reflect the differences in the family structures within the community. During the data analysis phase, the study combined the use of SPSS statistical analysis software and employed correlation analysis to explore the associations between parenting styles and marital satisfaction, parental education level, time spent accompanying children, and household noise level. Through a multiple linear regression model, the study analyzed the intensity and mechanisms of the influence of each factor on parenting styles. Based on the empirical results, the study proposes targeted policy recommendations aimed at optimizing the parenting environment for families with children in Shanghai and enhancing the scientific nature and effectiveness of family education. This research commences in June 2025.

## **1.5 Significance of the Study**

This study focuses on parenting styles of parents in Shanghai, guided by the empowerment theory, and systematically analyzes its core influencing factors and mechanisms through a questionnaire survey. It holds significant theoretical value and practical implications.

### **1.5.1 Theoretical Significance**

From a theoretical perspective, this study aims to fill the gap in localized research on family rearing and enrich the application scenarios of the empowerment theory. Current research on family rearing largely relies on Western theoretical frameworks. However, Chinese families possess unique characteristics in terms of cultural backgrounds, social structures, and educational concepts. Based on samples of families with children in Shanghai and considering the features of urban communities in China, this study constructs a framework of influencing factors applicable to the local context, providing a Chinese supplement to the theory of family rearing. By applying the empowerment theory to the family-rearing context and analyzing the role of family resources in enhancing rearing efficacy, this study expands the explanatory power of the empowerment theory within the family system. Taking the Leshan Community, a typical community, as a sample, this study validates the representativeness of community samples in family research, offering methodological references for subsequent urban family studies.

### **1.5.2 Practical Significance**

From a practical standpoint, this study provides a scientific basis for formulating family education policies and optimizing community services. Through correlation analysis and multiple linear regression, the study precisely identifies the specific influence paths of variables such as marital satisfaction, parental education level, and time spent accompanying children on parenting styles, offering support for policymakers. Using the Leshan Community as a sample, the study reveals the structural shortcomings in rearing resources within community families, providing practical guidance for community service centers, party-mass organizations, etc., to optimize service provision (such as adding parent-child activity spaces and offering rearing skill training), which helps improve the sustainability of the family ecosystem.

This study promotes harmonious family relationships and the comprehensive development of children and contributes to social governance innovation. The high-intensity pace of life and high-density living environments often lead to insufficient family-rearing resources, which in turn may trigger social risks such as parent-child conflicts and children's behavioral problems. Through empirical analysis, this study proposes operable rearing support strategies that help alleviate family stress and maintain social stability. The study pays attention to the significant impact of differences in family capital, such as parental education level and economic income, on the quality of rearing styles. Communities or governments can design low-cost and replicable rearing support programs, thereby extending educational equity from "schools" to "families" and narrowing the development gaps among children due to family backgrounds.

## **1.6 Definition of Key Terms**

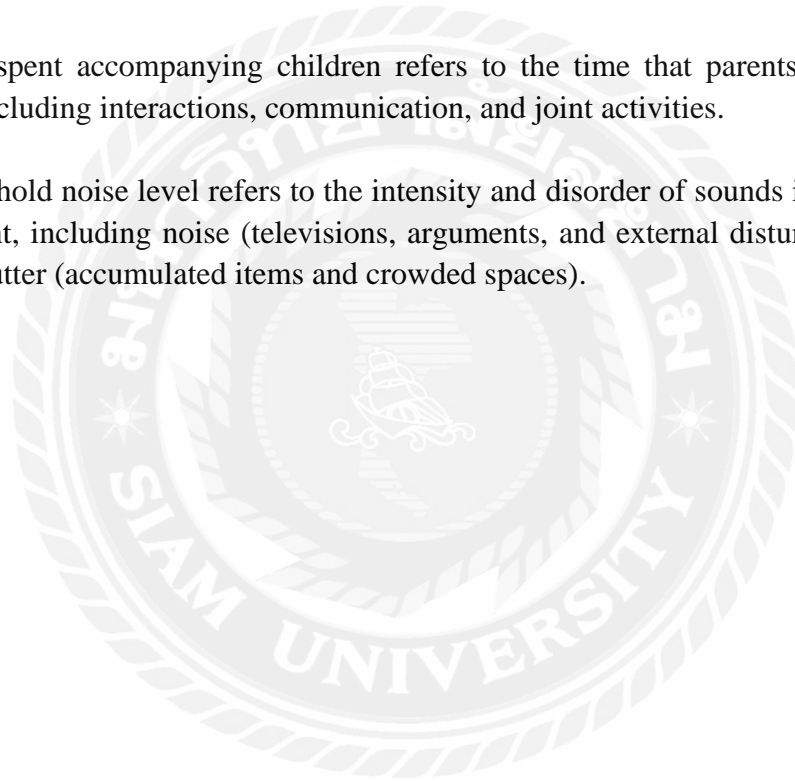
Parenting styles refer to the behavioral patterns and attitudes that parents adopt in the process of raising and educating children, including emotional expression, rule-setting, degree of control, and communication methods toward children.

Marital satisfaction refers to the subjective evaluation of the marital relationship by both spouses, encompassing feelings regarding emotional fulfillment, communication quality, conflict resolution, and life coordination.

Parental education level refers to the highest level of education that parents have received, usually measured by academic credentials (primary school, middle school, bachelor's degree, master's degree, and doctoral degree).

Time spent accompanying children refers to the time that parents spend with children, including interactions, communication, and joint activities.

Household noise level refers to the intensity and disorder of sounds in the family environment, including noise (televisions, arguments, and external disturbances) and physical clutter (accumulated items and crowded spaces).



## **Chapter 2 Literature Review**

### **2.1 Introduction**

This chapter aims to review the major literature related to the empowerment theory and parenting styles, providing a theoretical basis for the variable relationships and research hypotheses of this study. The literature review covers key factors influencing parenting styles, including marital satisfaction, parental education level, time spent accompanying children, and household noise level. Through a systematic review of existing literature, this chapter offers theoretical support for each variable in the research model, helps determine the relationships between these variables, and provides a basis for hypothesis testing in the subsequent steps.

### **2.2 Literature Review**

#### **2.2.1 Empowerment Theory**

The empowerment theory originated in the 1970s and was first proposed and applied to the discriminated African American community by Solomon, a scholar from Columbia University in the United States (Rappaport, 1987). In his 1976 book *Black Empowerment: Social Work in Oppressed Communities*, Solomon systematically elaborated on the concept of "empowerment." The core objective of the empowerment theory is to enhance the power consciousness and resource acquisition capabilities of disadvantaged groups through social work interventions, thereby promoting social equity. As the theory has developed, its application fields have expanded to multiple disciplines, including social work, education, and psychology. The connotation of the empowerment theory has evolved from individual capacity enhancement to social structural change, emphasizing the positive interaction between individuals and the environment through resource linkage and support.

In China, the localized development of the empowerment theory has driven innovation in the research paradigm of family rearing. Enhancing parents' educational capabilities and resource integration abilities can improve the family-rearing ecosystem (Dudgeon et al., 2006). Loizou (2005) categorized the empowerment theory into three levels: personal, interpersonal, and environmental, providing a structured analytical framework for the theory's application in family contexts and making family-rearing strategies more systematic.

In the practice of optimizing parenting styles, the empowerment theory plays a central guiding role, which is specifically manifested in the following three levels:

At the personal level, the empowerment theory can enhance parents' self-efficacy and rearing capabilities. By guiding parents to reflect on the roots of unscientific rearing concepts, the empowerment theory stimulates their internal motivation to update rearing methods. This process not only strengthens parents' positive cognition of "I can provide a better growth environment for my child" but also encourages them to adopt a continuous learning attitude towards education.

At the interpersonal level, the empowerment theory can improve parent-child interaction patterns and family relationships. The empowerment theory emphasizes promoting harmonious family relationships through improved parent-child communication. Various sectors of society can conduct parent-child communication skills training to guide parents in learning to listen to children's needs and express emotional support. Parent-child interaction helps break the power imbalance in traditional rearing, constructs an equal and mutually supportive family relationship, and provides a safe foundation for children's emotional development.

At the social support network level, the empowerment theory can integrate community resources to provide systematic support. The empowerment theory advocates for the construction of a "family-community" collaborative support system. Communities can collaborate with schools, medical institutions, psychological counseling agencies, etc., to establish a "rearing support alliance" that provides families with diversified services such as educational guidance, health services, and psychological counseling. By building a parent mutual assistance platform, communities can promote experience sharing and emotional resonance among families, alleviating the sense of isolation in rearing.

The value of the empowerment theory in optimizing family rearing lies not only in the improvement of individual capabilities and interpersonal relationships but also in its promotion of the coordinated development of families and society. The empowerment theory can construct a three-level empowerment system of "individual-family-community," helping families adapt to the educational needs of modern society and creating an inclusive and supportive growth environment for children.

## **2.2.2 Parenting Styles**

### **2.2.2.1 Concept of Parenting Styles**

The term "parenting" in the Xinhua Dictionary is interpreted in two aspects: one refers to education and cultivation, and the other refers to the general cultivation of culture and moral character. After a child is born, the family is the first long-term living environment for the child, and parents are significant others in the child's early life. This nurturing includes physiological care, such as maternal milk, and social

upbringing. Children need to learn behavioral patterns and social knowledge necessary for life within the family (Fei, 1998). A child is born as a "natural person," and education plays a crucial role in the child's growth process. Parents are the child's first "appointed" teachers, and the role of family education in rearing cannot be overlooked. American scholar Baumrind was the first to propose the concept of parenting styles. He defined parenting style as consisting of two key elements: parental responsiveness and parental demandingness. Parental responsiveness refers to the warmth parents show towards their children's needs and the degree of sensitivity to those needs. Parental demandingness refers to the expectations parents set for their children's behavior and the extent to which they monitor those behaviors. Based on these two dimensions, parenting styles can be categorized into four types: authoritative style, authoritarian style, permissive style, and indifferent style (Baumrind, 1971). Darling and Steinberg (1993) expanded the concept of parenting styles into two aspects. One is goal-directed parenting behaviors, such as when parents deliberately teach their children to dress themselves or organize their schoolbags to cultivate independence. The other is non-goal-directed parenting behaviors, such as the natural care that parents show during daily conversations or walks with their children.

China began to focus on parenting styles in the 1980s. The research directions have evolved from being singular to complex, with research objects ranging from adolescent children to adults, and from ordinary groups to special groups. The research fields cover disciplines such as education, psychology, and neuroscience.

### 2.2.2.2 Measurement Tools for Parenting Styles

After reviewing domestic and international literature, researchers have compiled a list of scales or questionnaires used to measure parenting styles based on their names, dimensions, and applicable populations. The results are as follows:

Table 2.1 List of Scales and Questionnaires Used to Measure Parenting Styles

Researcher(s)	Name of the Scale/Questionnaire	Dimensions	Applicable Population
Developed by. Aunola & Nurmi (2005)	Parenting Styles Evaluation Scale (EMBU)	11 factors including emotional warmth and understanding, punishment and severity	Children or adults
Revised by Phuphaibul et al. (2012)	Short Form Parenting Styles Questionnaire: S-EMBU - Protection	Rejection, emotional warmth, overprotection	College students
Developed by Batool & Bond	Parenting Styles Inventory (PBI)	Care and overprotection	Children or adults

(2014).			
Developed by Shi (2009).	Parenting and Family Adjustment Scales (PAFAS)	Parental consistency, coercive parenting, positive encouragement, parent-child relationship	Adults
Developed by Sheng (2015)	Parenting Assessment Tool for Children Aged 0-2 (PAT)	Parenting beliefs, attention, parent-child relationship, learning environment, language stimulation, outdoor activities, feeding, and safety	Children
Developed by Han (2013).	Parenting Styles Questionnaire	Indulgent, democratic, permissive, authoritarian, inconsistent	Children or adults
Developed by Gong & Cao (2018).	Short Form of Parenting Styles Evaluation Scale	Emotional warmth and understanding, punishment and severity, excessive interference and protection, rejection and denial, partiality	Adults
Developed by Peng et al. (2020)	Parental Authority Questionnaire (PAQ)	Permissive, authoritarian, authoritative	Adults
Developed by Li et al. (2020)	Parenting Styles and Dimensions Questionnaire (PSDQ)	Authoritative parenting, authoritarian parenting, permissive parenting	Children or adults

### 2.2.2.3 Other Studies on Parenting Styles

Some scholars have researched the relationship between parenting styles and children's psychological and behavioral development. The main focus of these studies is on how parenting styles socialize children and how they influence the development of children's personality, psychology, and behavior.

Research on the relationship between parenting styles and children's behavior has found that when there is an increase in emotional communication and interaction between parents and children, children's altruistic behaviors tend to increase. Positive parenting styles are conducive to the formation of a healthy personality in children. Conversely, there is a strong correlation between children experiencing excessive tension, anxiety, and other negative emotions and negative parenting styles employed by parents (Sheng, 2015). Excessive control during the parental rearing process may

affect the establishment of children's self-identity and lead to confusion in self-identification. Children may observe and learn controlling behaviors from their parents during the rearing process, which could potentially lead to the development of borderline personality and antisocial personality disorders (Zhang et al., 2021).

Li et al. (2020) argued that children raised under authoritative and permissive parenting styles tend to perform better academically, exhibit better behavior, and have better mental health. In contrast, authoritarian parenting, characterized by excessive constraints, often leads to an increase in problematic behaviors. Increasing emotional communication and fostering a warm and harmonious family atmosphere during the rearing process are beneficial for cultivating gratitude in children. Conversely, neglecting and denying children's feelings are not conducive to the cultivation of gratitude (Wang et al., 2020).

Children who grow up under the influence of authoritarian and overly dominant parents tend to internalize their parents' high expectations as their behavioral standards. When they fail to meet these standards, they may experience guilt or even self-loathing and are prone to psychological crises when they are unable to regulate their inner feelings. Parenting styles are closely correlated with adolescents' behavioral problems and mental health (Cong et al., 2013). Scholars believe that children's psychological qualities are directly and indirectly influenced by their parents' parenting styles. Positive parenting styles have a positive impact on children's psychological qualities, such as personality formation and self-evaluation (Li & Chen, 2019).

Luo et al. (2021) suggested that parenting styles are related to children's social development and that parental rearing behaviors and attitudes play a crucial role in shaping young children's social behaviors. There is a correlation between parenting styles and young children's psychological qualities. Parents with a high socioeconomic status tend to adopt an authoritative parenting style, which is conducive to the development of children's internal psychological qualities and external positive behaviors. An increase in negative parenting styles from parents can lead to a decrease in children's sense of security and a reduction in their ability to cope with difficulties positively (Peng et al., 2020).

Parental empathy and acceptance during the rearing process are beneficial for enhancing children's sense of social responsibility and cooperation, as well as improving their autonomy and communication skills (Zhang et al., 2020). Positive parenting styles enable children to learn to care for others, while poor parenting styles may result in children lacking empathy, showing disrespect, and even exhibiting aggressive behavior toward others (Han, 2013). Some scholars' research indicates that parents' behaviors and emotional expressions during the rearing process influence the measures children take in peer conflicts. When studying behavioral problems in special children, scholars have found that when parents increase positive emotional

expressions towards their children, show acceptance and tolerance, and create a warm and loving family atmosphere, the likelihood of behavioral problems in children decreases (Gong & Cao, 2018).

### **2.2.3 Marital Satisfaction**

Marital satisfaction, as a core emotional variable within the family system, has garnered widespread attention from academia regarding its impact on parenting styles. Marital satisfaction not only reflects the subjective evaluation of the marital relationship by both spouses but also directly or indirectly influences parenting behaviors through pathways such as emotional interaction patterns and family functioning. Couples with high marital satisfaction are more inclined to adopt collaborative problem-solving strategies. The stability of this emotional connection provides a template for secure attachment in children, prompting parents to exhibit more patience and supportive behaviors in their parenting. Conversely, the marital conflict theory further revealed that couples with low marital satisfaction often experience inconsistent parenting behaviors due to emotional estrangement or frequent conflicts (Mark & Wilson, 1998). One parent may reduce their responsiveness to the child's needs due to marital stress, or even project negative emotions into parent-child interactions, creating a vicious cycle of "marital conflict - parenting burnout - child behavioral problems."

Wu & Wei (2021) discovered that the quality of parents' marital relationships experiences a more significant decline before and after the birth of a second child compared to before and after the birth of the first child. This decline not only makes parents more prone to adopting negative parenting styles such as authoritarianism or permissiveness towards their firstborn but also severely affects the quality of co-parenting. Morrill et al. (2010) found that marital quality influences the co-parenting alliance, which in turn affects the parenting practices of both fathers and mothers. Conversely, the co-parenting alliance directly predicts both marital quality and parenting practices of fathers and mothers.

Floyd et al. (2008) observed that stable yet negative marital quality is associated with negative mother-child interactions. Additionally, differences in parenting practices between mothers and fathers may emerge in the context of poor marital quality. Due to unsatisfactory marital satisfaction, parents may struggle to communicate effectively with their children regarding character development and behavior cultivation. This can lead to a lack of enthusiasm in parenting, as well as the phenomenon of using children as emotional outlets or focal points of conflicts, thereby affecting the quality of co-parenting and being detrimental to children's growth.

#### 2.2.4 Parental Education Level

Parental education level, as a key dimension within the family capital structure, has become a central issue in the fields of education and family studies regarding its impact on parenting styles (Rowe et al., 1999). Parental education level not only directly shapes their cognitive patterns and educational values but also deeply influences family parenting practices through pathways such as resource acquisition capabilities, social network hierarchies, and the transmission of cultural capital. Highly educated parents, due to their stronger information processing abilities and professional resources, are more inclined to adopt scientific and planned parenting strategies.

Scholars can balance children's autonomy and rule awareness through authoritative parenting styles or actively participate in school education to make up for resource gaps in the educational system. Educational differences essentially reflect the accumulation level of family cultural capital. Highly educated parents are more likely to internalize cultural capital such as language skills and academic interests into children's developmental advantages through high-cognitive-input activities like reading together with children and visiting museums. In contrast, less-educated parents, limited by their educational experiences, may rely more on empirical parenting or traditional child-rearing methods passed down through generations (Houdt et al., 2019).

In recent years, researchers have begun to focus on the dynamic mechanisms and contextual constraints through which parental education level influences parenting styles. Empirical studies using Chinese families as samples have found an intergenerational compensation effect of parental education level on parenting styles (Xiang et al., 2023).

In cities with highly concentrated educational resources, such as Shanghai, the first generation of highly educated parents, having experienced educational competition themselves, may compensate for their childhood resource scarcity through "intensive parenting," characterized by a high level of concern for their children's academic performance and excessive investment in extracurricular tutoring. Less-educated parents, if aware of the constraints imposed by educational attainment on social mobility, may resort to extreme parenting strategies such as corporal punishment, forming a contradictory parenting mode of "high expectations - low support." Highly educated parents are more likely to utilize digital tools such as online courses and educational apps to optimize their parenting practices, while less-educated parents may face technological helplessness due to the digital divide, further exacerbating the differentiation in parenting styles.

The impact of parental education level on parenting styles is also influenced by interactions with other elements of the family ecosystem. The social capital that

highly educated parents build through channels such as alumni networks and professional communities can provide information support for their parenting decisions. The higher the parental education level, the more their educational concepts and methods are influenced by modern scientific parenting concepts. They are more sensitive to their children's developmental needs, capable of discovering children's potential abilities and instilling correct values in them (Barrios, 2019). Highly educated parents are more likely to exhibit high-quality co-parenting among spouses and between parents and children.

Education level is closely linked to economic income and occupation. Highly educated parents, who are likely to engage in higher-paying professions, can better provide the material resources necessary for their children's physical and mental development. Meanwhile, they can leverage their educational and interpersonal resources to offer greater assistance to their children in career planning and academic development, giving them an advantage over less-educated parents (Covas & Veiga, 2021). In contrast, less-educated parents, due to their limitations in ability and cognition, may be unaware of or neglect their influence on their children, failing to provide corresponding support and allowing their children to develop naturally.

### **2.2.5 Time Spent Accompanying Children**

Time spent accompanying children serves as a core quantitative indicator of family parenting investment. The relationship between time spent accompanying children and children's development, as well as parenting styles, has become a focal issue in the field of family studies. Time spent accompanying children is not only an objective vehicle for parent-child interaction but also profoundly influences the effectiveness and quality of parenting styles through mediating mechanisms such as the intensity of emotional bonding and the density of parenting behaviors.

Beringer & Julier (2009) pointed out that consistent companionship received by children in early childhood can establish a secure attachment relationship. This emotional foundation encourages parents to adopt parenting styles characterized by sensitive responsiveness and positive interaction. Bordonaro (2012) further revealed that the scarcity of time spent accompanying children may lead to a utilitarian shift in parental parenting behaviors. When faced with intensified work competition or heavy household responsibilities, parents may reduce the time spent accompanying children and adopt "efficiency-oriented" parenting strategies, such as relying on electronic devices to supervise children, cutting short in-depth interactions, or substituting emotional companionship with material rewards. This phenomenon of "time poverty" is particularly pronounced in fast-paced urban families, such as those in Shanghai.

In recent years, researchers have begun to focus on the contextualized characteristics and bidirectional mechanisms through which time spent accompanying

children influences parenting styles. Barrios (2019) discovered that merely extending the duration of companionship does not improve parenting outcomes. If parents frequently use directive language during companionship or exhibit low-quality emotional engagement, even if the total time spent accompanying children meets the standard, it may still exacerbate parent-child conflicts and undermine parenting authority.

In Shanghai, where the proportion of "dual-income families" is high, the allocation pattern of time spent accompanying children is undergoing structural changes. Parents may attempt to compensate for daily absences through fragmented or strategically concentrated companionship, but these unconventional ways of spending time together may weaken the sustained impact of parenting behaviors due to their lack of continuity. The penetration of digital media is reshaping the connotation of time spent accompanying children. Some highly educated parents are trying to expand the boundaries of parenting through digital companionship, while low-income families may fall into a digital companionship gap due to a lack of devices, further widening the inequality in parenting resources.

The correlation between time spent accompanying children and parenting styles is also subject to interactive constraints from elements within the family ecosystem. Craig et al. (2014) noted that in families with multiple children, parents need to allocate their time spent accompanying children among their offspring, which may lead to a dispersion of parenting attention. To balance their attention to each child, parents may reduce in-depth companionship behaviors and turn to standardized process-oriented parenting.

The quality of marital relationships significantly moderates the conversion efficiency of time spent accompanying children. Couples with high marital satisfaction can optimize the allocation of companionship resources through collaborative division of labor, whereas in families with frequent marital conflicts, time spent accompanying children may be consumed by negative emotions. The household noise level, as a physical environmental variable, may indirectly affect parenting outcomes by interfering with concentration during companionship.

This study takes families with children in Shanghai as samples and, based on the empowerment theory framework, systematically analyze the impact of time spent accompanying children on parenting styles through quantitative method, providing empirical evidence for optimizing the allocation of time resources in urban families.

### **2.2.6 Household Noise Level**

Household noise level is an important indicator for measuring the quality of the family environment. It has a significant impact on parenting styles and their

development. Household noise level not only directly affects the quality of parent-child interaction through physical environmental interference but also indirectly influences the choice and effectiveness of parenting strategies through the operational mechanisms of the family system. Henk & Vos (1999) pointed out that the family environment, as a microsystem for children's development, has its level of noise directly influencing the development of children's emotional regulation abilities and behavioral patterns.

Evans et al. (2005) defined household noise level as a composite of physical and psychosocial disorders and confirmed its correlation with children's cognitive development and social adaptability, which even surpasses that of family socioeconomic status. In the context of rapid urbanization, the restrictive effect of household noise level on parenting styles is more pronounced in families in first-tier cities like Shanghai due to compressed living spaces and accelerated life rhythms.

The impact of household noise level on parenting styles operates through multiple pathways. A highly noisy environment continuously depletes parents' cognitive resources and emotional regulation abilities, leading to a tendency towards simplified and directive parenting behaviors. Parents may reduce their sensitive responses to children's emotional needs due to environmental stress and instead adopt highly controlling strategies to maintain family order. Household noise levels can exacerbate parenting conflicts through emotional contagion. The anxiety and frustration accumulated by parents in a chaotic environment may be transformed into irrational criticism or emotional neglect toward children.

Highly educated parents, with their accumulated cultural capital, are more acute in perceiving the impact of the family environment on their children's growth. They not only pay attention to controlling the physical noise level but also utilize family resources to create a quiet learning atmosphere for their children. In contrast, less-educated or low-income parents may lack sufficient economic resources and cultural awareness to improve the noisy family environment. They may be too busy making a living to provide high-quality companionship to their children. The combination of high noise levels and low-quality companionship may lead to a lack of stable emotional support and correct behavioral demonstrations during children's growth, thereby affecting their personality development and value formation (Generaal et al., 2018).

The moderating effect of family resources and cultural capital is also reflected in parents' strategies for coping with household noise. Highly educated parents may be more inclined to adopt positive and constructive ways to reduce noise levels. In contrast, less-educated or low-income parents, due to limited resources, may only resort to passive and negative coping strategies, such as ignoring or criticizing. These different coping strategies, in turn, further influence the effectiveness of parenting styles and the harmony of parent-child relationships.

### **2.2.7 Summary**

From the perspective of research content, although some researchers have keenly observed the differences in parenting styles, current studies predominantly focus on the superficial descriptions of these differences. Research on the specific factors influencing the variations in parenting styles is relatively scarce. While existing studies have mentioned the impact of the family ecological environment on parenting styles, few have systematically incorporated key factors of the family's physical environment (such as noise levels in living spaces, the rationality of home layouts, etc.) into the framework for understanding differences in parenting styles. This research status may lead to a lack of clear targeting when formulating strategies to enhance the effectiveness of parental parenting and the quality of family education, making it difficult to precisely address the practical problems faced by different families in the parenting process.

Qualitative analysis methods are predominant in studies of parenting styles within families with children. Although some researchers have adopted mixed research methods combining quantitative and qualitative approaches, overall, the application of quantitative research methods is not yet extensive or in-depth enough. While single qualitative research methods can delve deeply into the subjective feelings and experiences of research subjects, they have certain limitations in terms of data objectivity and generality. Although mixed research methods to some extent compensate for this deficiency, in actual practice, the integration of quantitative and qualitative research is not yet close enough, failing to fully leverage the advantages of both methods to comprehensively and accurately reveal the characteristics and influencing factors of parenting styles among families with children.

This study focuses on the factors influencing children's family education in Shanghai. Through rigorous analysis of the significance and importance of each influencing factor, the main factors contributing to differences in parenting styles are accurately verified, providing rich and detailed qualitative data support for the study. Based on the research findings, practical educational implications are proposed in a targeted manner, offering scientific evidence and practical guidance for improving parental parenting styles and enhancing the quality of family education.

### **2.3 Introduction to Leshan Community in Xuhui District, Shanghai**

Leshan Community in Xuhui District, Shanghai, is located on the southwest side of Xujiahui Sub-district. It is a residential area with rich historical heritage adjacent to the Xujiahui business district. The community enjoys a superior geographical location and a well-developed transportation network, providing great convenience for residents' daily lives and travel. Leshan Community is composed of multiple residential neighborhoods, which together form a large resident population. In

addition to a large number of residents, the community also boasts a profound historical and cultural heritage. Some historic buildings reflect the changes and development of the city of Shanghai. Community residents actively inherit and promote traditional culture. The community is lush with trees and blooming flowers, providing residents with a fresh and pleasant living environment. The community health service center offers convenient medical services and health consultations to residents, effectively safeguarding their health. Leshan Community continuously strengthens community service and facility construction to improve residents' quality of life and sense of happiness.

## 2.4 Conceptual Framework

Based on the analysis of relevant research findings and combined with the empowerment theory, this study proposes an influencing factors model for parenting styles in Shanghai. The model categorizes the factors influencing parenting styles in Shanghai into four dimensions: marital satisfaction, parental education level, time spent with children, and household noise level. The model is shown in Figure 2.1.

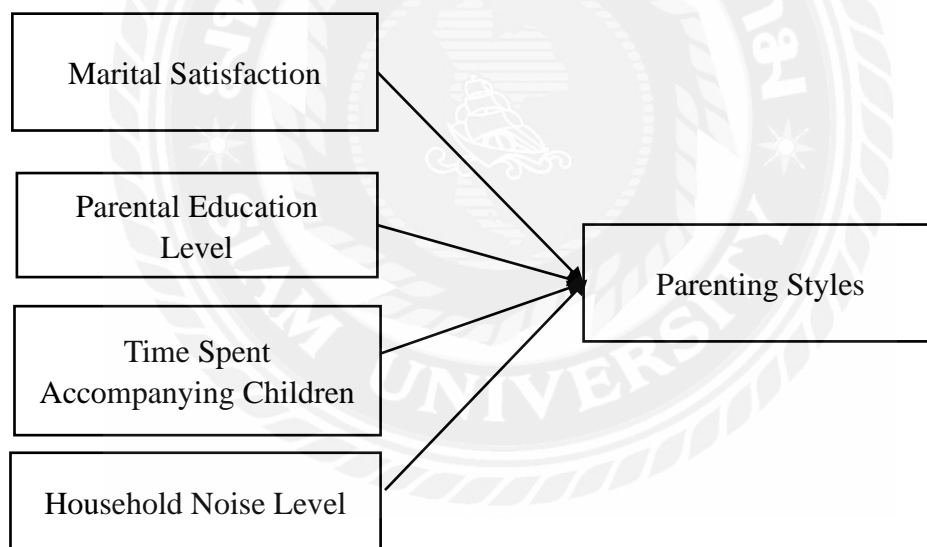


Figure 2.1 Conceptual Framework

## **Chapter 3 Research Methodology**

### **3.1 Research Design**

This study employed a quantitative research approach to investigate the influencing factors of parenting styles of parents in Shanghai. Based on a questionnaire survey method, the research focused on examining the relationships between marital satisfaction, parental education level, time spent accompanying children, household noise level, and parenting styles. Data were collected through a structured questionnaire using a 5-point Likert scale (1 = strongly disagree, 5 = strongly agree).

Descriptive statistics were utilized to present the demographic characteristics of the sample and the data distribution patterns of the core variables by calculating mean and standard deviation. Pearson correlation coefficients were employed in the correlation analysis to test the strength of the associations between variables. Multiple regression analysis was conducted by constructing regression models to evaluate the effects of marital satisfaction, parental education level, time spent accompanying children, and household noise level on parenting styles. To ensure the scientific rigor of the research methodology, the reliability and validity of the questionnaire were tested using SPSS software before data analysis to guarantee the reliability of the measurement tools. The research design emphasizes an objective revelation of the influencing mechanisms of parenting styles in Shanghai through systematic validation.

### **3.2 Population and Sample**

The target population of this study consisted of families with children in Leshan Community, Shanghai, totaling approximately 6,000 households. A random sampling method was adopted to select 400 fathers or mothers from families with children as the research sample. The sampling process paid attention to covering key demographic variables, including whether the respondent was a father or mother, age, educational level, and average monthly income to ensure the representativeness of the sample.

Questionnaires were distributed and collected through the Wenjuanxing online platform to improve survey efficiency and reduce human errors. To enhance the reliability and generalizability of the research findings, the sampling followed the principle of randomness. Random sampling was used to avoid subjective selection bias and ensure that the sample objectively reflected the characteristics of the population. The random sampling strategy balanced scientific rigor with operational feasibility, providing a solid data foundation for subsequent analysis of the influencing factors of parenting styles in Shanghai.

### 3.3 Hypothesis

This study aims to verify, through factor analysis, the specific impacts of marital satisfaction, parental education level, time spent accompanying children, and household noise level on parenting styles in Shanghai, offering theoretical support and practical guidance for improving parenting styles. Therefore, the following hypotheses are proposed in this study:

H1: Marital satisfaction has a significant impact on parenting styles of parents in Shanghai.

H2: Parental education level has a significant impact on parenting styles of parents in Shanghai.

H3: Time spent accompanying children has a significant impact on parenting styles of parents in Shanghai.

H4: Household noise level has a significant impact on parenting styles of parents in Shanghai.

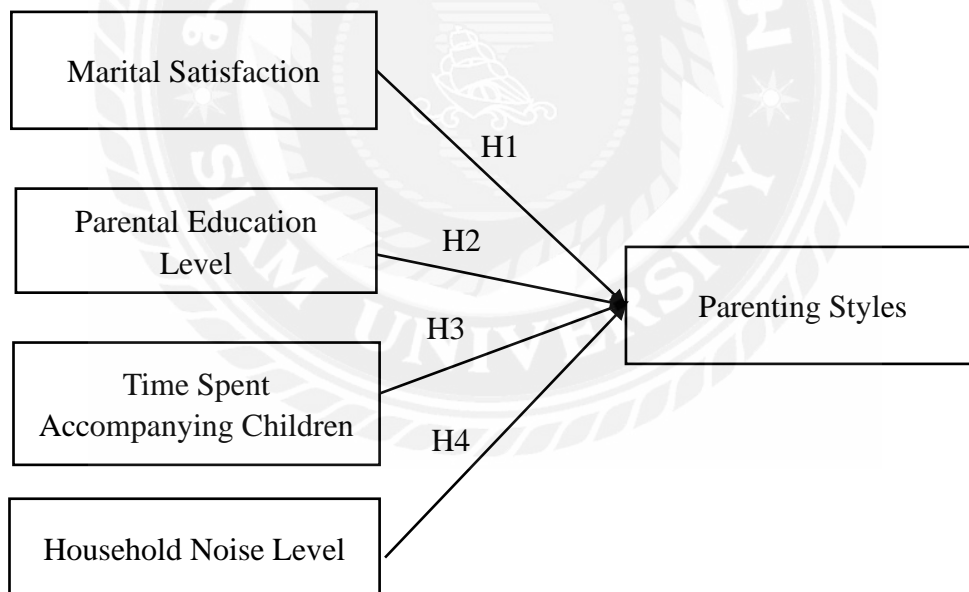


Figure 3.1 Hypotheses

### 3.4 Research Instrument

The questionnaire designed for this study focuses on creating a measurement system for the factors influencing parenting styles in Shanghai. The questionnaire

adopts a structured design, with all items measured using a five-point Likert scale. The items were revised with reference to relevant literature to ensure the scientific validity and applicability of the instrument.

In the study on the influencing factors of parenting styles in Shanghai, Likert five-point scale measurement items were designed for the independent variables, including marital satisfaction, parental education level, time spent accompanying children, and household noise level, as well as the dependent variable, parenting styles. For marital satisfaction, five items were designed based on daily communication, emotional support, and conflict resolution. For parental education level, five items were crafted around dimensions of learning experiences, acquisition of educational philosophies, and academic expectations. For time spent accompanying children, five items were developed from perspectives of the frequency of daily and weekend companionship and the quality of activities. For household noise level, five items were formulated concerning family noise, living environment, and family atmosphere. Five items were created to assess parenting styles, including democratic, authoritarian, and permissive approaches, as well as evaluating emotional warmth and educational consistency.

The questionnaire comprises a total of 29 items and is divided into two main sections:

The first section consists of 4 questions, primarily focusing on the personal basic information of the respondents, including whether they are a father or mother, age, education level, and average monthly income.

The second section consists of 25 questions primarily focused on the factors influencing parenting styles in Shanghai. Corresponding items are set for marital satisfaction, parental education level, time spent accompanying children, and household noise level. The specific content is presented in Table 3.1.

Table 3.1 Measurement Items

Influencing Factor	Measurement Item	NO.
Marital Satisfaction	We can fully understand each other's thoughts and feelings during daily communication, and our conversations are smooth.	1
	Whenever I encounter difficulties, my spouse always provides me with sufficient emotional support and encouragement.	2
	When conflicts arise, we usually resolve them peacefully and rationally.	3
	My spouse and I share many common hobbies and interests.	4

	I am full of confidence in the future of our marriage and believe that we will continue to live happily together.	5
Parental Education Level	My educational background makes me pay more attention to cultivating my child's learning ability, and I actively guide them in their studies.	6
	Due to my educational background, it is easier for me to access scientific and advanced educational philosophies.	7
	My educational background leads me to have high expectations for my child's academic performance.	8
	With my educational qualifications, I can communicate with my child's school teachers.	9
	My educational background enables me to identify my child's interests and hobbies and provide corresponding support and resources.	10
Time Spent Accompanying Children	I set aside dedicated time every day to spend with my child.	11
	On weekends, I arrange sufficient time to accompany my child.	12
	When I spend time with my child, I carefully plan various activities to ensure they gain something and grow from the experience.	13
	During the time I spend with my child, I am fully engaged and present.	14
	I believe that spending time with my child is crucial for enhancing our parent-child relationship.	15
Household Noise Level	There is often a lot of noise at home, which affects my child's learning and rest.	16
	The environment where we live is relatively noisy, which can hurt my child's growth.	17
	There is a tense and oppressive atmosphere at home, making my child feel uneasy and anxious.	18
	The noisy home environment can make both my child and me feel irritable.	19
	I hope to improve the noisy situation at home and create a quiet and comfortable environment for my child.	20
Parenting Styles	I usually respect my child's opinions and ideas, communicate with them on an equal footing, and make decisions together.	21
	I strictly require my child to follow various rules while considering their feelings.	22
	I am relatively lenient towards my child's behavior, allowing them to develop freely.	23
	I often express my love and care for my children, making them feel the warmth and support of the family.	24
	My spouse and I can maintain consistency in our parenting	25

	styles and rules for our children.	
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### 3.5 Reliability and Validity Analysis of the Scale

#### 3.5.1 Questionnaire Reliability Analysis

Reliability analysis is a statistical process that reflects the extent to which a measured characteristic is captured based on the consistency or stability of the results obtained from a testing scale. The more uniform the test results are, the stronger the representativeness of the data for the overall population, and the higher the reliability. Through reliability analysis, we can assess whether the questionnaire design is reasonable and make necessary revisions to avoid classification errors. Cronbach's alpha is used to evaluate the internal consistency of test items. A higher Cronbach's alpha value indicates a greater degree of consistency among the items. When the reliability coefficient of a sub-scale is greater than 0.7, the questionnaire's reliability is considered good; when it falls between 0.6 and 0.7, it is also acceptable. For an overall scale, a reliability coefficient above 0.8 demonstrates good overall reliability.

The Cronbach's alpha coefficient for marital satisfaction is 0.854, for parental education level, it is 0.812, for time spent accompanying children it is 0.807, for household noise level it is 0.825, and for parenting styles it is 0.841. All these coefficients fall within the range of 0.8 - 0.9, indicating that the questionnaire in this study has good reliability and that further validity analysis can be conducted. This suggests that the reliability of the questionnaire used in this survey is excellent, as shown in Table 3.2.

Table 3.2 Variable Reliability Test

Variable	Cronbach's Alpha	Items
Marital Satisfaction	0.854	5
Parental Education Level	0.812	5
Time Spent Accompanying Children	0.807	5
Household Noise Level	0.825	5
Parenting Styles	0.841	5

#### 3.5.2 Questionnaire Validity Analysis

Table 3.3 KMO and Bartlett's Test

Kaiser-Meyer-Olkin Measure of Sampling Adequacy.		0.947
Bartlett's Test of Sphericity	Approx. Chi-Square	5843.874
	df	325

	Sig.	0.000
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In this study, validity tests were conducted for all parameters. The Kaiser - Meyer - Olkin (KMO) measure of sampling adequacy is 0.947, which is greater than 0.8. This indicates that the research data from the questionnaire are highly suitable for factor analysis. In Bartlett's Test of Sphericity, the significance level (Sig.) was found to be significant.

During the analysis process, the established variable model can be subjected to Confirmatory Factor Analysis (CFA). The importance of a factor is determined by its ability to explain the total variance of all the original variables. Factor analysis uses the variance contribution rate and the cumulative variance contribution rate to measure the explanatory power of factors. A variance contribution rate greater than 60% indicates an acceptable level of explanatory power, while a rate greater than 80% suggests good explanatory power.

### **3.6 Data Collection**

This study selected families with children in Leshan Community, Shanghai, as the research subjects. Data collection was conducted from June 5th to July 5th 2025. The distribution and collection of questionnaires were mainly carried out through the Wenjuanxing online platform, with questionnaires being collected online. A total of 400 questionnaires were distributed. During the questionnaire collection process, the research team conducted rigorous checks to eliminate invalid questionnaires, including those that were incomplete or had obvious inconsistencies. A total of 322 valid responses were collected, resulting in an effective response rate of 80.5%.

### **3.7 Data Analysis**

#### **3.7.1 Descriptive Statistics**

The software used for descriptive statistics included Excel and SPSS. Statistical analyses including mean, standard deviation, percentage, normal distribution, kurtosis value, and skewness value were conducted on the demographic characteristics of the sample. Descriptive statistics provided basic support for further data analysis.

#### **3.7.2 Factor Analysis**

Exploratory factor analysis was performed on the survey data using SPSS to extract common factors and determine the dimensions of the influencing factors of

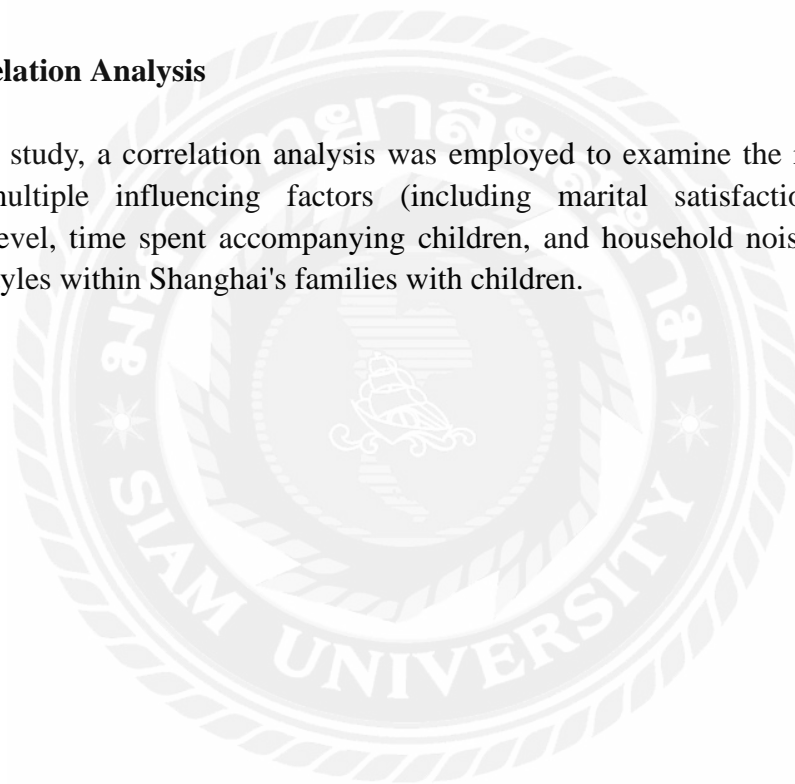
parenting styles in Shanghai. The reliability and validity of the constructed model were confirmed, providing a theoretical basis for improving parenting styles.

### **3.7.3 Multiple Regression**

In this study, the multiple regression method served as a comprehensive and in-depth exploratory approach, significantly enriching the dimensions and accuracy of the research. By employing the multiple regression method, this study overcame the limitations of univariate model analysis. It not only enriched the content and layers of the research but also enhanced its accuracy and practicality, providing strong support and guidance for the improvement of parenting styles in Shanghai.

### **3.7.4 Correlation Analysis**

In this study, a correlation analysis was employed to examine the relationships between multiple influencing factors (including marital satisfaction, parental education level, time spent accompanying children, and household noise level) and parenting styles within Shanghai's families with children.



## Chapter 4 Findings and Discussion

### 4.1 Findings

#### 4.1.1 Demographic Characteristics of Participants

Table 4.1 Descriptive Statistical Analysis of Participants

Variable	Option	Number of People	Percentage %
Father or Mother	Father	139	43.2
	Mother	183	56.8
Age	Under 30 Years Old	48	14.9
	31 - 40 Years Old	129	40.1
	41 - 50 Years Old	104	32.3
	Over 50 Years Old	41	12.7
Education Level	College Degree or below	76	23.6
	Bachelor's Degree	122	37.9
	Master's Degree	103	32.0
	Doctoral Degree	21	6.5
Average Monthly Income	4000 Yuan or below	13	4.0
	4001 - 6000 Yuan	51	15.8
	6001 - 8000 Yuan	102	31.7
	8001 - 10000 Yuan	91	28.3
	Above 10000 Yuan	65	20.2
Total		322	100.0

A total of 322 valid samples were collected in this survey, covering multiple dimensions including whether the respondent is a father or mother, age, educational level, and average monthly income. These data provide comprehensive support for gaining an in-depth understanding of the basic characteristics of the survey participants.

**Identity Distribution:** Mothers accounted for 56.8% (183 individuals) of the respondents, while fathers made up 43.2% (139 individuals). The participation rate of mothers was significantly higher than that of fathers.

**Age Structure:** The group aged 31 - 40 years had the highest proportion (40.1%, 129 individuals), followed by those aged 41 - 50 years (32.3%, 104 individuals).

Individuals under 30 years old accounted for 14.9% (48 individuals), and those over 50 years old accounted for 12.7% (41 individuals). The combined proportion of middle-aged and young adults (31 - 50 years old) reached 72.4%.

Education Level: Bachelor's degree holders accounted for 37.9% (122 individuals), and master's degree holders accounted for 32.0% (103 individuals). Those with a college degree or below made up 23.6% (76 individuals), and doctoral degree holders accounted for 6.5% (21 individuals). The combined proportion of respondents with a bachelor's degree or above exceeded 76%.

Average Monthly Income: The income range of 6001 - 8000 yuan had the highest proportion (31.7%, 102 individuals), followed by the 8001 - 10000 yuan range (28.3%, 91 individuals). The group with an income of over 10000 yuan accounted for 20.2% (65 individuals), while those with an income below 4000 yuan only accounted for 4.0% (13 individuals). The combined proportion of middle - to high-income earners (above 6000 yuan) exceeded 80%.

The core characteristics of the sample can be summarized as follows: dominated by mothers, mainly composed of middle-aged and young adults, concentrated with high educational levels, and predominantly middle - to high-income earners. This provides a precise target population profile for research on family consumption decision-making, as shown in Table 4.1.

#### 4.1.2 Correlation Analysis

Table 4.2 Correlation between Variables

	Marital Satisfaction	Parental Education Level	Time Spent Accompanying Children	Household Noise Level	Parenting Styles
Marital Satisfaction	1				
Parental Education Level	.523**	1			
Time Spent Accompanying Children	.541**	.584**	1		
Household Noise Level	.554**	.595**	.506**	1	
Parenting Styles	.534**	.547**	.581**	.551**	1

NOTE: \*. Correlation is significant at the 0.05 level (2-tailed). \*\*. Correlation is significant at the 0.01 level (2-tailed).

This study conducted a correlation analysis focused on parenting styles in Shanghai to explore the relationships between various influencing factors and parenting styles. The data reveal that the correlation coefficient between marital satisfaction and parenting styles is 0.534, indicating a significant positive correlation between the two. The correlation coefficient between parental education level and parenting styles is 0.547, demonstrating a close relationship. The correlation coefficient between time spent accompanying children and parenting styles is as high as 0.581, suggesting that time spent accompanying children has a significant impact on parenting styles. The correlation coefficient between household noise level and parenting styles is 0.551, highlighting the important influence of the home environment on parenting styles.

There are also significant correlations among the influencing factors themselves. All these data indicate that there are significant correlations between marital satisfaction, parental education level, time spent accompanying children, household noise level, and parenting styles.

#### 4.1.3 Multiple Regression Analysis

Table 4.3 Multiple Regression Analysis

Item	B	Beta	t	Sig.	VIF	F	Durbin-Watson
C	1.445	-	8.898	0			1.937
Marital Satisfaction	0.154	0.186	3.406	0.000	1.796	53.320***	
Parental Education Level	0.108	0.074	1.996	0.007	1.856		
Time Spent Accompanying Children	0.174	0.210	3.979	0.000	1.686		
Household Noise Level	0.221	0.255	4.766	0.005	1.734		
R Square	0.574						
Adjusted R Square	0.565						

NOTE: \* $P < 0.05$ , \*\* $P < 0.01$ , \*\*\* $P < 0.001$

From the above data analysis, it can be observed that the regression model demonstrates a relatively high explanatory power as a whole. The t-value of the constant term (C) is 8.898, and the significance levels (Sig.) are 0.000, 0.007, 0.000, and 0.005, indicating that the constant term is statistically significant. Meanwhile, the F-value is 53.320, with a p-value less than 0.05, suggesting that the model is overall significant.

In terms of the explanatory variables, the unstandardized regression coefficients (Unstd. B) for marital satisfaction, parental education level, time spent accompanying children, and household noise level are 0.154, 0.108, 0.174, and 0.221 respectively. The standardized regression coefficients (Beta) are 0.186, 0.074, 0.210, and 0.255 respectively, all of which are greater than 0. This indicates that these independent variables have a positive impact on the dependent variable. The t-values are 3.406, 1.996, 3.979, and 4.766 respectively, showing that these variables are statistically significant.

Regarding the variance inflation factors (VIF), the VIF values for marital satisfaction, parental education level, time spent accompanying children, and household noise level are 1.796, 1.856, 1.686, and 1.734 respectively. All these values are less than the commonly used threshold of 10 for judging multicollinearity, indicating that there is no serious multicollinearity problem among these variables.

The coefficient of determination (R Square) is 0.574, and the adjusted coefficient of determination (Adjusted R Square) is 0.565. This means that the model can explain 57.4% (56.5% after adjustment) of the variation in the dependent variable, suggesting that the model fits the data well and can effectively explain the changes in the dependent variable.

In conclusion, the regression model is overall significant. Each explanatory variable has a significant positive impact on the dependent variable. There is no serious multicollinearity problem among the variables, and the model fits the data well.

Therefore, based on the data analysis results, marital satisfaction has a significant impact on parenting styles of parents in Shanghai, supporting Hypothesis 1; Parental education level has a significant impact on parenting styles of parents in Shanghai, supporting Hypothesis 2; Time spent accompanying children has a significant impact on parenting styles of parents in Shanghai, supporting Hypothesis 3; Household noise level has a significant impact on parenting styles of parents in Shanghai, supporting Hypothesis 4.

## **4.2 Discussion**

### **4.2.1 Marital Satisfaction Has a Significant Impact on Parenting Styles of Parents in Shanghai**

Marital satisfaction plays a central and far-reaching role in parenting styles in Shanghai. From the perspective of emotional support, couples with high marital satisfaction often have a stronger emotional bond and can understand each other better.

This positive emotional atmosphere extends to the process of parents' upbringing of their children. Within a harmonious and stable marital relationship, parents are more likely to pay patient and meticulous attention to their children's needs, providing them with ample emotional nourishment. This enables children to grow up in an environment filled with love and a sense of security, which is conducive to cultivating their positive and healthy psychology as well as good interpersonal skills.

Marital satisfaction also affects the consistency of parents' parenting decisions. When couples are satisfied with their marital relationship, they tend to have fewer disagreements regarding their children's education. They can reach a consensus through effective communication and jointly formulate scientific and reasonable parenting plans. This consistent parenting approach prevents children from experiencing confusion and bewilderment due to inconsistent parental opinions. It provides children with clear behavioral guidelines and a growth direction, facilitating the formation of stable values and behavioral habits.

If marital satisfaction is low, frequent conflicts and disagreements between spouses not only undermine the harmonious family atmosphere but also hurt the upbringing of children. Children may witness their parents' arguments and sense the instability of the family, which can lead to negative emotions such as anxiety and fear. In terms of parenting styles, parents may adopt overly strict, authoritarian, or neglectful attitudes due to their emotional problems, failing to provide appropriate guidance and support for their children. This hinders children's physical and mental health development. Therefore, enhancing marital satisfaction is of utmost importance for optimizing parenting styles in Shanghai and promoting children's healthy growth.

#### **4.2.2 Parental Education Level Has a Significant Impact on Parenting Styles of Parents in Shanghai**

Parental education level significantly influences parenting styles in Shanghai. In terms of educational philosophies, highly educated parents usually have received a more systematic education and possess more advanced educational concepts. They place greater emphasis on cultivating their children's comprehensive qualities and innovative abilities, encouraging them to actively explore and think independently rather than merely pursuing academic achievements. Highly educated parents guide their children to participate in various interest-based activities and social practices, broadening their children's horizons, stimulating their potential, and laying a solid foundation for their future development.

In terms of parenting methods, highly educated parents have a richer repertoire of educational knowledge and skills. They can formulate personalized parenting plans based on their children's age-specific characteristics and individual differences. When faced with their children's learning problems, highly educated parents are more adept

at using scientific methods to guide their children in overcoming difficulties and cultivating good study habits and autonomous learning abilities. In contrast, parents with lower education levels may lack relevant knowledge and rely more on traditional experiences in the parenting process. Their methods are relatively monotonous and may not fully meet the diverse growth needs of their children.

Parental education level also affects the family's cultural atmosphere and learning resources. Highly educated parents generally attach more importance to reading and learning. They create a strong cultural atmosphere at home and provide their children with abundant books and learning materials. This cultural environment exerts a subtle influence on their children, stimulating their desire and pursuit of knowledge. On the other hand, parents with lower education levels may be relatively lacking in this regard, resulting in limited learning resources available to their children at home. Therefore, improving parental education levels is conducive to optimizing parenting styles in Shanghai and creating more favorable growth conditions for children.

#### **4.2.3 Time Spent Accompanying Children Has a Significant Impact on Parenting Styles of Parents in Shanghai**

Time spent accompanying children holds a pivotal position in parenting styles in Shanghai. From the perspective of parent-child relationship building, sufficient time spent accompanying children serves as an important foundation for emotional communication and trust establishment between parents and children. During the time of companionship, parents and children have more opportunities to interact and communicate. Parents can gain insights into their children's inner worlds, interests, and needs. This in-depth emotional exchange can strengthen the emotional bond between parents and children, allowing children to feel their parents' love and support, thereby establishing a secure and stable parent-child relationship and providing a strong guarantee for children's mental health development.

In terms of cultivating children's behavioral habits, time spent accompanying children plays a crucial role. When parents accompany their children, they can promptly correct their children's bad behaviors and guide them to establish correct values and codes of conduct. In daily life and games, parents can teach their children how to get along with others and how to abide by rules through their own words and deeds. Children who are under the high-quality companionship of their parents for a long time are more likely to develop good behavioral habits and social adaptability.

In the fast-paced modern life, many parents, due to busy work and other reasons, have a severe shortage of time spent accompanying their children. This may lead to a lack of necessary guidance and supervision for children during their growth process, resulting in behavioral deviations or psychological problems. Children may become

addicted to the Internet or electronic games because of the lack of parental attention, which can negatively affect their studies and physical and mental health. Therefore, parents should reasonably arrange their work schedules and increase the time spent accompanying their children. This is of great significance for optimizing parenting styles in Shanghai and promoting children's healthy growth.

#### **4.2.4 Household Noise Level Has a Significant Impact on Parenting Styles of Parents in Shanghai**

Household noise level significantly influences parenting styles in Shanghai. In terms of creating a learning environment, a highly noisy home environment can severely disrupt children's studies. Noise, frequent arguments, or constant activities can all distract children, making it difficult for them to concentrate on their learning. When exposed to such an environment for a long time, children's learning efficiency will decline, and their academic performance may be affected. They may even develop a resistance to learning, which is detrimental to their academic development.

At the psychological development level, household noise level imposes psychological pressure on children. Continuous noise and an unstable environment can make children feel anxious and irritable, affecting their emotional stability and mental health. Children who are in such an unfavorable psychological state for a long time may exhibit behavioral problems and social interaction barriers, hindering their normal psychological development and social adaptation.

A low-noise home environment can provide children with a quiet and comfortable space for studying and living. In an environment, children can better relax both physically and mentally, and focus on their studies and self-improvement. A quiet family atmosphere also facilitates deeper and more effective communication and interaction between parents and children, promoting the harmonious development of the parent-child relationship. Therefore, to optimize parenting styles in Shanghai, parents should pay attention to the issue of household noise level. They can create a family environment conducive to children's growth and development by reasonably arranging family activities and reducing noise interference.

Table 4.4 Hypothesis Test Results

NO.	Hypothesis	Result
H1	Marital satisfaction has a significant impact on parenting styles of parents in Shanghai.	Supported
H2	Parental education level has a significant impact on parenting styles of parents in Shanghai.	Supported
H3	Time spent accompanying children has a significant impact on parenting styles of parents in Shanghai.	Supported
H4	Household noise level has a significant impact on parenting styles	Supported

	of parents in Shanghai.	
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## **Chapter 5 Conclusion and Recommendation**

### **5.1 Conclusion**

This study focused on the parenting styles of parents in Shanghai and delved into the relationships between four key factors - marital satisfaction, parental education level, time spent accompanying children, and household noise level - and parenting styles. The results of the data analysis demonstrate that all four factors have a significant positive correlation with parenting styles in Shanghai. The correlation coefficient analysis indicates a close association between these factors. Multiple regression analysis further reinforces this finding. The results show that marital satisfaction, parental education level, time spent accompanying children, and household noise level all have a significant positive impact on parenting styles. The unstandardized regression coefficients (Unstd. B) for these factors are all positive and statistically significant. The standardized regression coefficients (Beta) also suggest that time spent accompanying children (0.210) and household noise level (0.255) have relatively greater influences.

The regression model constructed in this study performs well as a whole. The model exhibits a high degree of statistical significance. It also has strong explanatory power, with a coefficient of determination (R Square) of 0.574 and an adjusted coefficient of determination (Adjusted R Square) of 0.565. This means that the model can explain approximately 56.5% to 57.4% of the variation in parenting styles in Shanghai, indicating a good fit. The variance inflation factor (VIF) values are all well below the critical value of 10, suggesting that there is no serious multicollinearity problem among the independent variables in the model, which ensures the stability and reliability of the regression results.

This study shows that in the family environment of Shanghai, parents' marital satisfaction, their own education levels, the time they invest in accompanying their children, and the noise level of the home environment are important and significant positive influencing factors that shape parenting styles. These factors interact and can effectively explain the differences in parenting styles. The research findings provide important empirical evidence for understanding and improving family parenting practices for children in Shanghai.

### **5.2 Recommendation**

(1) Nurture the Marriage Wholeheartedly and Create a Warm and Orderly Family Environment

This study reveals that parents' marital satisfaction affects their parenting styles. Household noise level is strongly correlated with authoritarian parenting styles and serves as an influencing factor for the differences in parents' parenting approaches. Maintaining a good marital quality between spouses and creating a warm and orderly family environment is of great significance for children's growth.

Establishing an intimate and positive attachment relationship between spouses is the key to fulfilling parenting responsibilities and forming a synergistic parenting force with mutual support. Parents' marital satisfaction influences their involvement in child-rearing, which in turn shapes the quality of their marriage. Parents develop a sense of family responsibility in the process of caring for their children. When both parents jointly demonstrate a sense of parenting responsibility and avoid one parent shouldering the majority of the child-rearing tasks, it can alleviate parenting stress and also maintain marital satisfaction. When parents have a harmonious and fulfilling marital relationship, the family atmosphere is warm and filled with a sense of security. Parents can treat their children with a positive, patient, and consistent attitude, adopting scientific and reasonable parenting methods. When faced with their children's mistakes, parents will guide them calmly instead of blaming each other, allowing the children to feel the support of the family.

To enhance marital satisfaction, couples need to strengthen in-depth communication. They should set aside a fixed and exclusive time each day, putting away distractions such as mobile phones, to focus on sharing their daily experiences, feelings, and thoughts. When communicating, couples should listen attentively to each other's viewpoints, respect their differences, and avoid rushing to refute or criticize. It is also crucial for couples to participate in activities together. Watching movies, taking walks, going on trips, etc., can increase their interaction. When facing difficulties and challenges, couples should support each other and work hand in hand, regarding marriage as a process of joint growth. These measures can improve marital satisfaction, create a stable and harmonious family environment for children, and promote their healthy growth.

## (2) Engage in Continuous Learning to Enrich the Reservoir of Parenting Knowledge

Parental education level, to a certain extent, reflects parents' knowledge level and cognitive ability, exerting a profound influence on parenting styles. Highly educated parents, with their rich knowledge and broad perspectives, can understand the laws of children's development and their educational needs. They adopt scientific and rational parenting methods, focusing on cultivating their children's comprehensive qualities and innovative abilities. For example, they guide their children to read and encourage them to participate in interest-based activities.

For parents with relatively low education levels, enhancing their knowledge level is the key to optimizing their parenting styles. Parents can acquire new knowledge and skills by participating in adult education courses or using online learning platforms. When learning, they should take their actual situations into account and choose parenting-related courses, such as child psychology and pedagogy, to understand the characteristics of their children's growth and appropriate educational methods. Parents can also consult highly educated parents to learn from their parenting experiences and continuously improve their parenting approaches. In addition, parents can enrich their parenting knowledge reserves by reading parenting books and attending parent-child lectures. In daily life, parents should pay attention to their children's interests, hobbies, and developmental needs, and learn and grow together with their children. By continuously improving their knowledge level and parenting abilities, parents can provide high-quality educational resources for their children and help them achieve better development.

### (3) Make Reasonable Plans and Arrangements to Provide Children with High-Quality Companionship

Companionship is an indispensable part of a child's growth, and the time parents spend accompanying their children directly affects parenting styles. Sufficient time spent accompanying children enables parents to understand their children's needs and thoughts, offer timely care and support, establish a profound emotional bond, and enhance the children's sense of security and belonging. Parents can play games and tell stories with their children every day, making the children feel loved and valued.

To increase the time spent accompanying children, parents need to make reasonable arrangements for work and life. After work, parents should reduce unnecessary social and entertainment activities and focus their energy on their children. They should formulate a companionship plan, specifying the daily time spent accompanying children and the activities involved, to ensure the quality of companionship. Parents can arrange family outings every week, allowing children to get close to nature and broaden their horizons. They can also accompany their children in doing homework and reading every evening to help them develop good study habits.

When accompanying their children, parents should be fully engaged, putting away distractions such as mobile phones and focusing on interaction. They should respect their children's ideas, encourage them to express their viewpoints and engage in equal communication with them. Through high-quality companionship, parents allow their children to grow up in a warm and harmonious family atmosphere, promoting their all-round physical and mental health development.

### (4) Foster a Quiet and Harmonious Atmosphere

Household noise levels can have a negative impact on parenting styles. Excessively high noise levels can disrupt a child's concentration during learning and affect their emotions and behaviors. A quiet and comfortable home environment helps children focus on studying, resting, and playing and also facilitates parents in adopting a calm and effective parenting approach. In a quiet environment, parents can communicate with their children more patiently and guide them in solving problems.

To reduce the household noise level, parents should start with the layout of the home environment and their living habits. In terms of home environment layout, parents should choose decorative materials with good sound-insulation properties and plan the space reasonably to create a relatively independent and quiet study and living area for their children. They can install sound-insulating curtains and lay carpets in the children's rooms to minimize external noise interference. Parents should also keep the home environment tidy and organized to avoid noise and visual distractions caused by clutter.

Parents should develop good living habits and avoid making noise when their children are studying or resting. For example, they should control the volume when watching TV or listening to music and avoid making loud noises. When children are doing their homework, parents should reduce walking around and talking nearby. By taking these measures to lower the household noise level, parents can create a quiet and harmonious family atmosphere for their children, promoting their better growth and development.

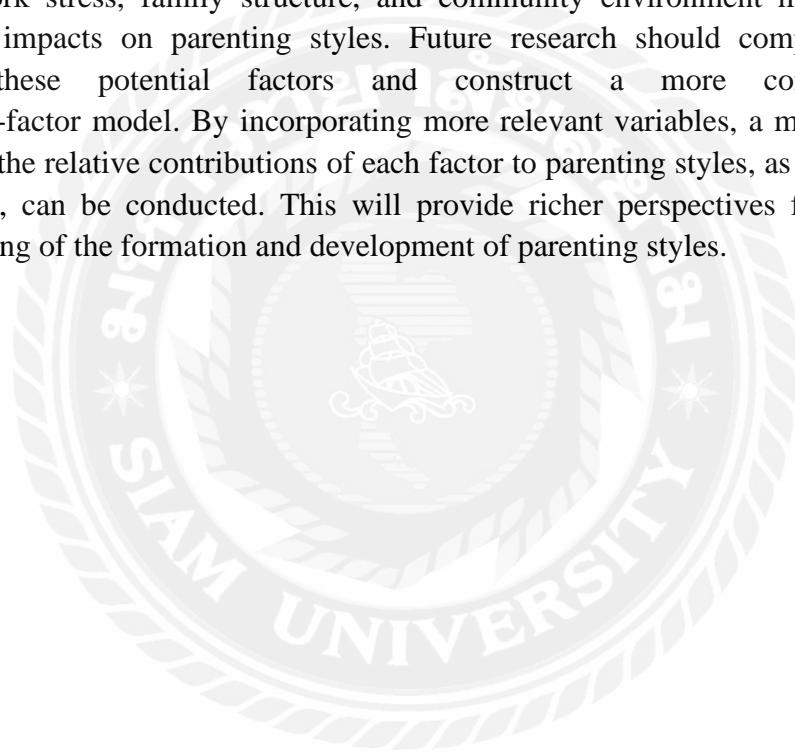
### **5.3 Further Study**

This study focused on the parenting styles of parents in Shanghai and their relationships with marital satisfaction, parental education level, time spent accompanying children, and household noise level. However, the sample was limited to Shanghai, which may introduce certain geographical limitations. Future research should expand the sample scope to include families with children from different regions and cities with varying levels of economic development. There are differences in cultural backgrounds, social environments, and educational resources across different regions, and these factors may all have an impact on parenting styles as well as the relationships between the four key factors mentioned above and parenting styles. By expanding the sample size, a more comprehensive understanding of the commonalities and differences in parenting styles across different regions, as well as the mechanisms of action of various factors in different geographical contexts, can be achieved. This will provide a basis for formulating more universally applicable family education guidance strategies.

Although this study separately explored the relationships between marital satisfaction, parental education level, time spent accompanying children, household

noise level, and parenting styles, these factors do not exist in isolation in real-life situations. There may be complex interactions among them. Parents with high marital satisfaction may be more willing to spend time with their children, and they may also pay more attention to creating a quiet home environment. Meanwhile, parental education level may influence the way they choose to accompany their children and their ability to handle issues related to household noise. Future research should delve into the interactions among these factors. By constructing more complex statistical models, the impact of different combinations of factors on parenting styles can be analyzed, thus more accurately revealing the formation mechanisms of parenting styles.

In addition to the four factors investigated in this study, there may be other potential factors that influence parenting styles. For example, family economic status, parents' work stress, family structure, and community environment may all have significant impacts on parenting styles. Future research should comprehensively consider these potential factors and construct a more comprehensive influencing-factor model. By incorporating more relevant variables, a more accurate analysis of the relative contributions of each factor to parenting styles, as well as their interactions, can be conducted. This will provide richer perspectives for a deeper understanding of the formation and development of parenting styles.



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## Appendix

Dear Sir/Madam,

Thank you for your participation in this questionnaire survey. The survey will be conducted anonymously, and your relevant information will be kept confidential. Thank you again for your cooperation.

### Part I :

Please fill in the following basic information:

1. Father or Mother?

A Father

B Mother

2. Your Age?

A Under 30 years old

B 31 - 40 years old

C 41 - 50 years old

D Over 50 years old

3. Your Educational Level?

A College degree or below

B Bachelor's degree

C Master's degree

D Doctoral degree

4. Your Average Monthly Income?

A 4000 yuan or below

B 4001 - 6000 yuan

C 5-10 years

D 6001 - 8000 yuan

E 8001 - 10000 yuan

F Above 10000 yuan

### Part II :

Please judge to what extent you agree with the following statement; choose the most appropriate option, and mark the corresponding number "√." The questionnaire used a Likert scale, ranging from 1 to 5 in which one indicates strongly disagree, two indicates relatively disagree, three indicates neutral, four indicates relatively agree, and five indicates strongly agree

Measuring Item	Strongly Disagree	Relatively Disagree	Neutral	Relatively Agree	Strongly Agree
<b>Marital Satisfaction</b>					

We can fully understand each other's thoughts and feelings during daily communication, and our conversations are smooth.					
Whenever I encounter difficulties, my spouse always provides me with sufficient emotional support and encouragement.					
When conflicts arise, we usually resolve them peacefully and rationally.					
My spouse and I share many common hobbies and interests.					
I am full of confidence in the future of our marriage and believe that we will continue to live happily together.					
<b>Parental Education Level</b>					
My educational background makes me pay more attention to cultivating my child's learning ability, and I actively guide them in their studies.					
Due to my educational background, it is easier for me to access scientific and advanced educational philosophies.					
My educational background leads me to have high expectations for my child's academic performance.					
With my educational qualifications, I can communicate with my child's school teachers.					

My educational background enables me to identify my child's interests and hobbies and provide corresponding support and resources.					
<b>Time Spent Accompanying Children</b>					
I set aside dedicated time every day to spend with my child.					
On weekends, I arrange sufficient time to accompany my child.					
When I spend time with my child, I carefully plan various activities to ensure they gain something and grow from the experience.					
During the time I spend with my child, I am fully engaged and present.					
I believe that spending time with my child is crucial for enhancing our parent-child relationship.					
<b>Household Noise Level</b>					
There is often a lot of noise at home, which affects my child's learning and rest.					
The environment where we live is relatively noisy, which can hurt my child's growth.					
There is a tense and oppressive atmosphere at home, making my child feel uneasy and anxious.					
The noisy home environment can make both my child and me feel irritable.					
I hope to improve the noisy situation at home and					

create a quiet and comfortable environment for my child.					
<b>Parenting Styles</b>					
I usually respect my child's opinions and ideas, communicate with them on an equal footing, and make decisions together.					
I strictly require my child to follow various rules while considering their feelings.					
I am relatively lenient towards my child's behavior, allowing them to develop freely.					
I often express my love and care for my children, making them feel the warmth and support of the family.					
My spouse and I can maintain consistency in our parenting styles and rules for our children.					