

**Influence of Parenting Style, Cognition and Exposure to Adverse Childhood
Experiences on the Parent-child relationship among parents in Ibadan**

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LCU/PG/003935

**Being an MSc Thesis Submitted to the Department of Psychology, Faculty of
Management and Social Sciences, Lead City University, Ibadan, Oyo State**

**In Partial Fulfilment of the Requirements for the Award of Master of Science (MSc)
Degree in Developmental Psychology**

2024

CERTIFICATION

This is to certify that Delphine Dilichukwu UGWU with the matriculation number LCU/PG/002323 carried out this thesis titled " **Influence of Parenting Style, Cognition and Exposure to Adverse Childhood Experiences on the Parent-child Relationship among parents in Ibadan** " in the Department of Psychology, Faculty of Management and Social Sciences, Lead City University, Ibadan, Oyo State, for the award of Master of Science Degree (MSc) in Developmental Psychology and that this has not been previously submitted.

Professor Bolade Mokuolu
(Supervisor)

Date

Professor Jane Adebisoyi
(Head of Department)

Date

Dedication

This work is dedicated to Almighty God, whose unfailing grace has been my anchor throughout this journey, my husband, sister-in-law, and family for their unwavering love, support, and encouragement, and the children and families who inspired this research.

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Acknowledgement

First and foremost, I give glory to Almighty God, my pillar of strength, whose unending grace, protection, and favour sustained me throughout this academic journey.

I am profoundly grateful to the entire authority of Lead City University, the institution where this MSc research was conducted, for providing a conducive environment for my academic pursuits.

I owe special gratitude to the leaders and executives of Organisation Mondiale pour L'Education Prescolaire (OMEP), an association for Early Childhood Education whose cooperation facilitated the collection of primary data for this research. I am also profoundly grateful to all the Principals and Proprietors of the schools that participated in the study, as well as the parents themselves who took out time from their very busy schedule to provide the data for this research.

My deepest appreciation goes to my supervisor, Professor Bolade Mokuolu, Miss Tope Lawal whose exceptional guidance, invaluable scholarly insights, and unwavering support were instrumental in shaping this work. I am equally indebted to Dr. Jane Adebusuyi, the Head of the Department, and Dr. Olugbenga Falase, the Postgraduate Coordinator, for their invaluable direction and assistance even at their own expense.

I extend my sincere gratitude to Dr. Akingbade, Mr Morakinyo, and all the lecturers and staff in the Departments of Sociology, Psychology, Social Work, and Criminology for their significant contributions and support throughout my academic journey. The camaraderie and encouragement from my colleagues in the department were equally invaluable and highly appreciated.

My profound appreciation goes to my wonderful husband, Tochukwu Ibeneme and my sister-in-law Dr Chimdinma Ogbuagu, whose boundless love, understanding, and unwavering support were my constant source of strength.

I am immensely grateful to my lecturers and supervisors, for instilling in me a passion for academic excellence and for their invaluable guidance. I also extend my gratitude to all my past and present lecturers in the Department of Psychology at the University of Ibadan, whose support and mentorship were pivotal throughout this journey.

To my friends, family members, and well-wishers, your unwavering support, encouragement, and belief in my abilities fuelled my determination to excel. Your collective contributions were critical to the successful completion of this Master's program.

Finally, while I deeply appreciate the contributions of all the aforementioned individuals and institutions, I take full responsibility for any errors that may be found in this work.

Delphine Dilichukwu UGWU

Abstract

Positive parent-child relationships are crucial for child development. While research on this phenomenon is emerging in Nigeria, there remains a gap in understanding the predictive role of parenting style, cognition, and parental exposure to adverse childhood experiences, especially among parents of young children in Ibadan. This study investigates the influence of parenting styles, parental cognition, and adverse childhood experiences (ACEs) on parent-child relationships among parents of young children in Ibadan, Nigeria. The study utilized attachment theory and the theory of cognitive appraisal of stress to explain the phenomenon. This study addresses the gap by employing a cross-sectional survey using validated instruments to assess parenting styles, cognition, ACEs, and parent-child relationship quality. A multi-stage sampling was used to select participants and two hundred thirty-nine respondents were assessed. The mean age of the child was 6.42. 25% of the respondents were between the ages of 36 to 40, with 55.2% female, and 44.3% male. Results indicate that authoritative parenting significantly enhances parent-child relationships ($\beta = .234$; $t = 3.226$, $p < .01$), while authoritarian parenting has a negative impact ($\beta = .316$; $t = 5.04$, $p < .01$). Permissive and neglectful styles showed no significant association. Parenting cognition and ACEs were not significant predictors, suggesting complex underlying dynamics. Generational differences were observed, with younger parents reporting better relationship quality [$F(3,235) = 3.18$, $p < .05$]. The study underscores the importance of culturally sensitive parenting interventions and educational programs to foster positive parent-child relationships. Future research should adopt longitudinal designs and explore diverse cultural contexts to deepen our understanding of these complex dynamics. This research provides valuable insights into the interplay between parenting practices, cognition, and personal history in shaping familial bonds.

Keywords: Parenting Styles, Parenting Cognition, Adverse Childhood Experiences, Parent-Child Relationships, Ibadan Metropolis

Word Count: 281

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