

Maternal Overparenting and Psychological Resilience in College Students: The mediating Effect of Self-Confidence

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Abstract. Objective: To explore the mediating role of self-confidence in the relationship between overparenting and psychological resilience. **Methods:** A total of 180 college students in Fujian Province were investigated by the maternal overparenting scale, the self-confidence scale and the adolescent psychological resilience scale. **Results:** There was a significant positive correlation between maternal overparenting, self-confidence and psychological resilience. The direct effect of maternal overparenting on psychological resilience was 0.1077, and the indirect effect of maternal overparenting on psychological resilience was 0.0137 under the mediation of self-confidence. **Conclusion:** Self-confidence plays a partial mediating role in the relationship between maternal overparenting and psychological resilience.

Keywords: Maternal overparenting, Self-confidence, Psychological resilience.

1. Introduction

In recent years, the domestic research on overparenting gradually appeared in the public, and many scholars began to pay attention to and discuss the impact of overparenting on children as a way of parenting. So far, the empirical research on overparenting is mainly in the Western background, and there are relatively few empirical studies on overparenting in China. Many western research results show that overrearing will have an impact on children's growth, and most of these impacts are negative [1,2,3,4]. In the process of children's growth, the university stage is a special stage. After the baptism of college entrance examination, they leave their parents and start a relatively independent life. In the small society of university, they are faced with a new and different study and life. Both self-confidence and psychological resilience are affected by the parenting style in the family [5,6]. Moreover, in the family, fathers and mothers play different roles. Compared with fathers, mothers are more involved in children's daily life [7]. Therefore, college students are selected as subjects in this study to explore the relationship among mothers' overbreeding, self-confidence and psychological resilience, so as to provide certain references for college students' mental health education and help parents adopt correct education methods.

2. Literature Review

2.1 Concept Definition.

2.1.1 Overparenting

Overparenting, also known as helicopter parenting, refers to a parent's excessive desire to protect the success and well-being of their child, to remove possible obstacles to a positive outcome, to be highly involved in their child's daily life, to provide a wide range of help, Resulting in inappropriate parenting styles [8]. Scharf, Rousseau, and Bsou [9] state that parents' overparenting behavior is

characterized by four traits: high levels of anticipatory problem solving, high levels of advice and influence management, high levels of practical assistance, and low levels of child self-direction. Leung & Shek [8] extracted eight characteristics of overparenting through interviews in the context of Chinese culture, Namely, close monitoring, intervention in children's learning style and direction, high emphasis on children's academic achievement, frequent comparison of children's achievement with peers, over-scheduling of children's activities, anticipatory problem solving, excessive emotional attachment, and over-caring. Chinese parents tend to place family honors and personal ideals on their children due to their excessive upbringing, hoping to cultivate their children into their ideal, and paying too much attention to their external performance [10]. Therefore, "attaching great importance to children's academic achievements" and "often comparing children's achievements with those of their peers" are the unique characteristics of Chinese parents' overraising[11].

To sum up, this study defines overparenting as: in order to ensure excellent grades and success during the growth of their children, parents are excessively involved in their children's lives, closely monitor and protect their children, and remove obstacles in their growth path.

2.1.2 Self-confidence

Self-confidence is the degree of self-affirmation of an individual in many aspects, and it is a stable character characteristic to make objective and correct cognition and evaluation of his own ability[12]. Webster's New World Dictionary defines confidence as "firm belief, trust, and reliance", while Merriam-Webster Online has a more modern definition: "belief in oneself and in one's own strengths and abilities", which refers to a person's belief that one can succeed[13]. Self-confidence is an important part of self-awareness, one of the important qualities of good psychological quality, and is the basic self-cognition ability that an individual should have[14]. A person with high self-confidence, who can correctly attribute success and failure, is a person who believes in his own psychology and believes that he is capable and competent for something[15]. One of its main characteristics is that a confident person has a clear personal belief that a person can get a positive result in a specific situation[16].

To sum up, confidence is defined in this paper as: confidence is an individual's positive evaluation of his own ability and value, an objective understanding of himself, believe in his own ability, can correctly understand the success or failure in daily life, and has a good psychological quality.

2.1.3 Psychological resilience

Psychological resilience refers to the ability to positively adapt or recover from difficult life experiences, as well as to overcome the problems one experiences in adverse conditions and risks [17]. The word "resilience" is originally derived from the Latin verb "resilire", defined in the Oxford English Dictionary as "to be able to withstand or recover quickly from difficult conditions", and is considered in physics and mathematics to be "due to high yield strength and low modulus of elasticity, The ability of a variant to recover its size and shape after deformation "[18]. Gooding, et al [19] consider mental resilience as a protective mechanism that functions in the face of negative stressors. Wang and Wang [20] defined psychological resilience as a relatively stable psychological trait used to maintain and promote the healthy growth and happy life of an individual when dealing with various kinds of pressures. Fundamentally, resilience refers to positive adaptability, or the ability to maintain or restore mental health in the face of adversity[21].

To sum up, this study defines resilience as the ability of individuals to cope effectively with the stressors in learning and life or some negative events with a positive and optimistic attitude, so as to maintain relatively stable psychological characteristics.

2.2 Relevant Research.

2.2.1 Related research on overparenting

Jiao & Segrin [22] argue that parents' excessive parenting is due to their own attachment, and it may appear that the attachment history between parents and their own parents shapes their attachment and the rearing of their children. Li [23] classifies the phenomenon of overrearing into five reasons: economic development; Traditional educational concepts; Unbalanced family structure; Social competitive pressure; Children are physically and mentally immature.

Western studies show that children who grow up under the excessive upbringing of their parents tend to have more problems than those who grow up under the normal upbringing level. First of all, they have communication problems with their parents. Children think that they cannot communicate with their parents. Secondly, problems with others, children think that they are different from their friends. Finally, they will respond to the problems of school, parents and self by withdrawing, which the child believes is because he cannot change anything [2]. Excessive parental involvement inhibits children's creativity [4], is associated with higher levels of depression and lower life satisfaction [3], and can lead to a lack of autonomy in adolescents and may also lead to reduced self-efficacy in adulthood [1].

In addition, relevant studies have shown that there are significant differences between fathers and mothers in overrearing, and mothers are more likely to overraise their children than fathers [24,9], mothers' overrearing indirectly affects adolescents' interpersonal sensitivity, and adolescents' perception of psychological control, gender and attachment avoidance have moderating effects on it. The higher mothers' overrearing, the more likely teenagers are to form perfectionism [7]. The higher the level of overrearing, the lower their interpersonal sensitivity [24].

2.2.2 Related research on self-confidence

Confidence is a multi-dimensional and multi-level psychological system [12], which affects almost every aspect of one's life, from one's ability to think optimistically, the perseverance to overcome difficulties to the final completion of activities. For students' study, confidence can provide motivation. When learning new knowledge, Self-confidence can sustain the learning motivation [25]. The formation of self-confidence is also influenced by many factors, such as individual internal factors and external environment factors. Self-confidence is the result of interaction between individuals and external environment, and it is a dynamic process of change [12]. Many aspects of self-confidence are significantly related to the mental health of individuals, and the improvement of self-confidence is conducive to the improvement of mental health [26]. A lack of self-confidence can limit an individual's willingness to try new things and increase self-doubt [27].

2.2.3 Related research on psychological resilience

Developed from psychology and neurology in the 1940s, previous generations of resilience researchers were interested in analyzing the risks and negative effects of adverse life events on children, such as divorce and traumatic stressors (abuse, neglect, and war) [28]. Stress is a very common negative influence in daily life, and if these stressors are not effectively dealt with and responded to, it may have adverse effects on the individual psychologically, physically, spiritually, etc.

From the definition of psychological resilience, it can be seen that psychological resilience is generally considered to be the coping mechanism adopted by individuals when they have suffered psychological trauma, are threatened by the current environment or are under great psychological pressure. However, in recent years, from the perspective of positive psychology, researchers have also begun to select subjects under general living conditions or normal pressure to study their psychological resilience. For example, the adolescent group [29]. Psychological resilience is one of the important features to protect people from the negative effects of pressure and effectively cope

with pressure. Studies have found that people with high resilience have low psychological pressure and are easy to adapt to society. Difficulties in the work environment are reduced[17].

2.2.4 Related research on overparenting, self-confidence and psychological resilience

In recent years, from the perspective of families, more and more studies have been conducted on the influence of parenting styles on the growth and development of children. Self-determination theory states that there are three essential human needs for healthy functioning, namely competence: security and confidence in one's own abilities; Autonomy: the ability to make personal choices; Kinship: a genuine and caring relationship[9]. While excessive parental control may reduce the child's autonomy and confidence in his or her own abilities, damaging the child's relationship with the parent[30]. In addition, the level of psychological resilience is correlated with the parenting style, the emotional warmth factor in the parenting style is significantly positively correlated with psychological resilience, while the overprotective and overinterfering factors are significantly negatively correlated with psychological resilience[5]. Reilly & Semkowska [31] point out that helicopter parenting (i.e., overparenting) impedes the child's independence by trying to solve problems for the child, and in doing so does not develop the child's ability to negotiate, manage, and resolve such adverse events and problems, and can hinder the development of psychological resilience. Previous studies have shown that there is a significant positive correlation between psychological resilience and self-confidence, and the enhancement of self-confidence leads to the enhancement of psychological resilience [17].

2.2.4.1 The Importance of Research

Although previous studies have respectively confirmed the relationship between overparenting and self-confidence, overparenting and psychological resilience, and self-confidence and psychological resilience, there are few studies on the combination of overparenting, self-confidence and psychological resilience. This study selects the three at the same time, and takes college students as subjects to explore whether overparenting has an impact on children's self-confidence and psychological resilience under the background of Chinese culture. Whether the influence is positive or negative, which can complement the existing research on overparenting.

2.2.4.2 Research purpose

Objective 1: To explore the relationship among maternal overparenting, self-confidence and psychological resilience.

Objective 2: To explore the influence of maternal overparenting on psychological resilience of college students and the mediating role of self-confidence.

2.2.4.3 Research hypothesis

Hypothesis 1: There is a pairwise correlation between maternal overparenting, self-confidence and psychological resilience;

Hypothesis 2: self-confidence mediates the relationship between maternal overparenting and psychological resilience.

3. Research Design

3.1 Research Object

Convenience sampling was adopted to select college students in Fujian Province as research objects, and 180 valid Scales were collected.

3.2 Research Tools

3.2.1. Maternal overparenting Scale

The overparenting Scale revised by Fu Xin [7] was used to measure the overparenting of mothers, with a total of 31 items and 7 dimensions, and the internal consistency coefficient of the Scale was 0.89. The Scale was scored with 6 points, ranging from "strongly disagree" to "strongly agree". The

higher the score, the higher the level of maternal overparenting, and the α coefficient in this study was 0.935.

3.2.2. Self-confidence Scale

The self-confidence scale compiled by Luo [32] was adopted, with a total of 36 questions and an internal consistency coefficient of 0.891. Five-point Likert scale was adopted for the Scale, ranging from "totally inconsistent" to "fairly consistent". The higher the score, the more confident the students were. The alpha coefficient in this study was 0.862.

3.2.3. Adolescent psychological resilience scale

The adolescent psychological resilience scale compiled by Hu & Gan [33] was used to measure the psychological resilience for adolescents. The scale consisted of 27 items and the internal consistency coefficient was 0.83. A five-point Likert scale was used, with 1 representing "completely inconsistent" and 5 representing "completely consistent". The higher the scale score, the better the psychological resilience. The alpha coefficient in this study was 0.729.

4. Results

4.1 Descriptive Statistics and Correlation analysis

As can be seen from Table 1, the mean value and standard deviation of overparenting of college students' mothers are 107.01 and 22.829. The mean and standard deviation of self-confidence are 118.42 and 19.336; And the mean and standard deviation of psychological resilience were 89.51 and 9.148. There is a pairwise correlation between overparenting, self-confidence and psychological resilience. Hypothesis 1 is valid.

Table 1. Correlation analysis of overparenting, self-confidence and psychological resilience

	M \pm SD	1	2	3
1 overparenting	107.01 \pm 22.829	-		
2 self-confidence	118.42 \pm 19.336	.155*	-	
3 psychological resilience	89.51 \pm 9.148	.303**	.262**	-

* $p < 0.05$, ** $p < 0.01$

4.2 Regression Analysis

Table 1 has shown that there is a pairwise correlation between overparenting, self-confidence and psychological resilience. Next, the mediation effect of self-confidence on overparenting and psychological resilience will be explored by stepwise regression method [34]. Overparenting was taken as the independent variable (X), self-confidence as the mediating variable (M), and psychological resilience as the dependent variable (Y).

The results showed that overparenting was a significant predictor of psychological resilience ($t = 4.2411, p < 0.001$); Overparenting significantly predicted self-confidence ($t = 2.0902, p < 0.05$); When confidence was added, overparenting ($t = 3.8089, p < 0.001$) and self-confidence ($t = 3.1163, p < 0.01$) still significantly predicted psychological resilience. The direct effect $c' = 0.1077$ on psychological resilience was lower than the total effect $c = 0.1214$, and $p < 0.001$, indicating that self-confidence played a partial mediating role between overparenting and psychological resilience. The contribution of the mediating effect to the total effect was $(0.1311 \times 0.1041) \div 0.1214 = 11.28\%$. The mediating effect of maternal overparenting, self-confidence and psychological resilience is shown in Figure 1.

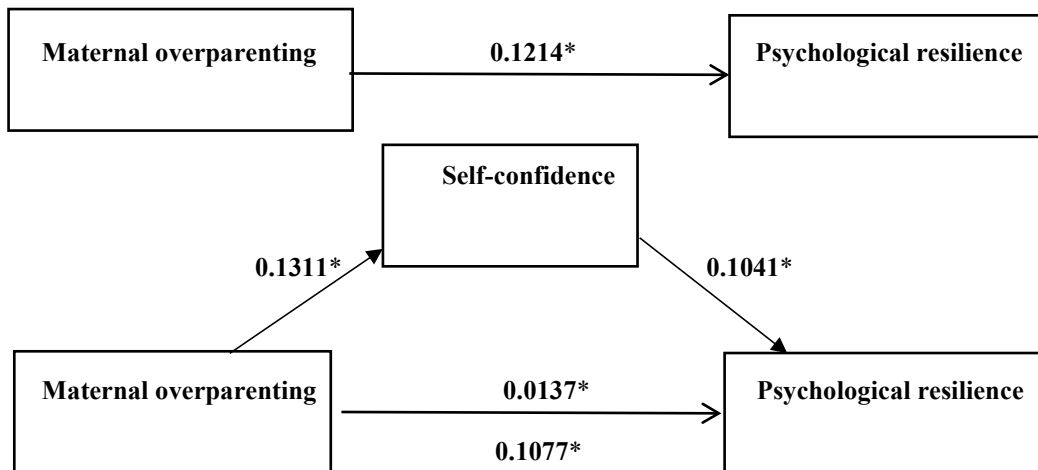


Fig. 1 Model of the mediating effects of maternal overparenting, self-confidence and psychological resilience

Next, the Bootstrap test was analyzed using the process plug-in of SPSS26.0. The total mediation effect consists of three paths (see Table 2), all of which have confidence intervals excluding 0, and the path coefficients are significant, as shown in Table 2. Therefore, confidence partially mediates the relationship between overparenting and psychological resilience.

Table 2. Intermediation model path analysis diagram

	Beta.	t	Confidence interval	
			Lower limit	Upper limit
maternal overparenting → self-confidence	0.155	2.090	0.0073	0.2549
maternal overparenting → psychological resilience	0.303	4.241	0.0519	0.1636
self-confidence → psychological resilience	0.220	3.116	0.0382	0.1700

5. Discussion

5.1 The Relationship between Overparenting, Self-confidence and Psychological Resilience

According to the research results, there is a significant positive correlation between overparenting of college students' mothers and self-confidence and psychological resilience, which is inconsistent with previous research results [31,9,30,5]. First of all, most of the previous studies were conducted in the western context. Compared with the western context, in the traditional Chinese cultural background of "family view", "filial piety is the first of all virtues", and "father is the principle of the son", the influence of mother's overparenting on children's self-confidence and psychological resilience is not necessarily negative. As Xia & Kong [35] point out, helicopter parenting in China's cultural context may have different characteristics, given the impact of the one-child policy, given that China's cultural background is more focused on parental authority. Secondly, the sample size of this study is small, belonging to a small group experiment, in this small group, it may be that the mother's overparenting behavior in the questionnaire is a great care and warmth of their mother, so the research results show that overparenting is significantly positively correlated with self-confidence and psychological resilience.

5.2 The Mediating Role of Self-confidence in the Relationship between Overparenting and Psychological resilience

It can be seen from the research results that there is a significant positive correlation between self-confidence and psychological resilience, which is consistent with the research results of Sukran

et al. [17], the higher the confidence of children, the higher the psychological resilience. In addition, self-confidence plays a partial mediating role between overparenting and psychological resilience. Therefore, in addition to the direct impact of overparenting on psychological resilience, overparenting can also have an indirect impact on psychological resilience through self-confidence, which indicates that self-confidence has an important significance in the field of overparenting research and in improving psychological resilience.

As far as the results of this paper are concerned, the mother's overparenting behavior may be within the range of acceptance of the subjects. The subjects may not feel the mother's monitoring and excessive participation, but the mother's love for themselves, which satisfies the basic needs of the subjects. Children who feel love in the family tend to have a confident personality. Confident people are more positive and optimistic, and can complete more freely in interpersonal communication, academic performance, overall performance and other aspects. If self-confidence can be improved, psychological resilience will naturally be improved, which can help individuals to calmly face the challenges and brave difficulties.

Confidence is a very important quality in the growth and development of people, and the most direct and best way to form it is in the family, so I hope parents can give their children a warm and friendly family environment, so that children can become confident individuals, with good psychological resilience.

6. Summary

There is a significant positive correlation between overparenting and self-confidence and psychological resilience. Self-confidence partially mediates the relationship between overparenting and psychological resilience.

This study confirms that maternal overparenting has an impact on self-confidence and psychological resilience, and self-confidence plays a partial mediating role between overparenting and psychological resilience. As confidence increases, so will psychological resilience. Based on this research result, the following suggestions are proposed:

(1) Correctly understand overparenting behavior and adopt reasonable and standardized parenting methods.

Emotional warmth and protection in parental rearing are more helpful to children's psychological resilience than refusing punishment, and the mother's emotional support and protection are more helpful to children's psychological resilience[5]. Therefore, choosing the right parenting way is very important to improve psychological resilience. Children are not appendages of parents, and excessive monitoring and intervention have adverse effects on both parents and children. Children have their own life and broad world, and parents should also have their own life and life. At the beginning of the child's growth, parents do a good job to guide and assist the work, in daily life parents can properly cultivate the child's independent ability, do not need to arrange everything, believe that the child has a lot of potential, their decision may be with a little immature, parents can guide the main, accompany the child slowly exercise themselves. When the child is fully fledged, gradually let go of their own hands holding the child, so that the child can spread their wings to fly, the courage to face and meet the challenges.

(2) Learn to cultivate children's confidence in the family.

Children's confidence is not innate, need parents in the child's growth process to give encouragement, family harmony and warmth, in a happy atmosphere to grow up children can have a confident character, this is also a good way to help children improve psychological resilience. In addition to the family atmosphere, parents get along with children, give children more recognition, seriously treat children's requirements and ideas, equal communication with children, not to "command", "decision" role and children get along.

Objective treatment of exam results, children's growth process involves a lot of aspects, learning knowledge in school is only a part of the growth of children, results can only be used as a child to

master the knowledge of a kind of evaluation, rather than the evaluation of the child as a whole person, each child has his own advantages and specialties, is not poor assessment results are "bad children", "nothing", More can not be in front of the child in front of relatives and friends sarcasm, it will cause many negative effects on the child's psychology, such as will reduce the child's confidence and psychological resilience.

There are some deficiencies in this study. First of all, the sample size of this study is small, it belongs to a small group test, and the subjects only selected college students from a certain area of Fujian Province, so it lacks representativeness. Secondly, the choice of measurement tools may have an impact on the research results. Currently, there is a lack of measurement tools on overparenting in China, and the overparenting measurement tool adopted in this study is a newly revised questionnaire, which has not been tested in large quantities. In future studies on overparenting, it is hoped to develop a set based on Chinese cultural background. A measuring tool suitable for Chinese subjects.

Declaration of conflicting interests

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