

Parenting Style and Irritable Bowel Syndrome (IBS)

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Abstract

Irritable bowel syndrome is a functional gastrointestinal (GI) disorder characterized by chronic abdominal pain, discomfort, bloating, and alteration of bowel habits. The present study was conducted to identify the factors related to parenting style of mother and father which contribute in the development of IBS among adolescents. Rejection Vs. Acceptance, Carelessness Vs. Protection, Neglect Vs. Indulgence, Utopian expectations Vs. Realism, Lenient standards Vs. Moralism, Freedom Vs. Discipline, Faulty role expectations Vs. Realistic role expectation and Marital conflict Vs. Marital adjustment were selected as predictor variables. The sample of the present study consisted of 200 adolescents (100 IBS and 100 non IBS) studying in different C.B.S.E. schools located in Meerut city, India. A questionnaire based on Rome II criteria was applied for screening IBS students and Parenting Scale by Dr. R. L. Bharadwaj, H. Sharma and A. Garg to measure variables related to parenting style. Low scores on these variables reflect negative aspect of the dimension. Multiple regression analysis was employed for analysis of data. Faulty role expectation vs. Realistic role expectation of mother was found significantly contributing in the development of Irritable Bowel Syndrome among adolescents. Result indicates that mothers of IBS group have unrealistic role expectation as compared to non IBS group. Adolescents with IBS feels always confused and embarrassed because of the unpredictable expectations of their mother.

Key Words: Irritable bowel syndrome, parenting style, faulty role expectation, realistic role expectation

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