Impact of Character Strength on Life Satisfaction of Adolescents from Punjab: Moderating Role of Authoritative Parenting Style

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Article History:	ABSTRACT
Received: 18 Mar, 2020 **Accepted:** 01 Jan, 2021	The present study aims to find out the impact of character strength on life satisfaction of adolescents from Punjab, whereas, authoritative parenting style moderated the relationship between character strength and life satisfaction. The sample comprised of 410 adolescents from both genders equally with age range of 10-17 years selected through simple random sampling technique. Participants were taken from four metropolitan cities (Multan, Lahore, Faisalabad and Rawalpindi) of Punjab. Three self-report measures were employed in this research; Values in Action Inventory of Strengths for Youth (VIA-Youth) developed by Park & Peterson (2006), Satisfaction with Life Scale (Diener, Emmons, Larsen, & Griffin, 1985) and Parental Authority questionnaire (Buri, 1991). The collected data were analyzed through SmartPLS (3.0). Findings of study indicated that there was significant positive impact of character strength on life satisfaction. While, the moderation analysis confirmed significant moderating role of authoritative parenting style between character strength and life satisfaction of adolescents. The findings of this research would be helpful for parents and consultants to understand the major role of authoritative parenting style in shaping the character strength among their children. ***Key Words:*** Character strength; Life Satisfaction; Authoritative Parenting & Adolescents

1. Introduction

Every individual has many positive traits which are cultivated and nurtured throughout their lives (Seligman & Csikszentmihalyi, 2000). These positive traits are usually termed as the character strength, which can be considered under the umbrella of norms, values and attributes of personality (Peterson & Seligman, 2004). Character strength not only helps to produce positive attitudes in person but also leads towards the desirable changes of personality, thinking, and emotions of individuals. Such change and

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strength of personality helps to fulfil inner satisfaction of life and happiness (Peterson, 2006). Living a satisfied life is directly concerned witth the gratification and attainment of personal strengths and virtues within individuals (Berhold, 2015). Whereas, character strengths are the psychological components that make up these virtues (Park & Peterson, 2009). These core positive traits are valued all around the world across various cultures throughout the human life span (Peterson & Seligman, 2004). A research conducted by Proctor, Maltby and Linley (2010) established an evidence of strong link between the life satisfaction and character strength of individuals. In this study, specific character strength which is known as Values-In-Action was used as it is conceptualized by the 24-character strengths classification system. The 24-character strengths are categorized under six virtues. These virtues are wisdom and knowledge, courage, humanity, justice, temperance and transcendence. Further, according to Peterson and Seligman (2004) character strength has been classified into 24 categories which are acknowledgment of beauty, perspective, hope, curiosity, citizenship, creativity, fairness, open-mindedness, gratitude, humor, bravery, integrity, kindness, leadership, social intelligence, love, modesty, self-regulation, persistence, prudence, love for learning, forgiveness, spirituality and vitality (Porto Noronha & Martins, 2016). These virtues are considered favorable to increase the positive, healthy and satisfied life for every individual. Whereas, life satisfaction refers to a cognitive process of evaluation by which someone assesses how happy they are with their lives according to their own standards (Diener et al, 1985). Similarly, to the way self-esteem includes a contrast between the ideal-self and the actual-self, a person's assessment of life satisfaction implies a distinction between how they view their lives, and a self-imposed expectation of what life should be that each individual produce. Apparent lifestyle consistency along with various physical and mental health are the indicators of life satisfaction. One's expectation of equitable conditions of existence for one's real or genuine achievement (Prasoon & Chaturvedi, 2016). According to Salinas-Jiménez, Artés & Salinas-Jiménez, (2011) there are various aspects of character and virtues which are associated by satisfaction with life.

It has been observed that life satisfaction is associated with various aspects of character and virtues (Salinas-Jiménez, Artés & Salinas-Jiménez, 2011). Littman-Ovadia and Steger (2010) also postulated that happy and satisfied life is indicated through the character strengths. They lead towards the happy life as they are majorly linked to loyalty, enjoyment, and purpose, in other words, to a life of its fullness. Love power and gratitude had solid, forward effects on life satisfaction. People who love to enjoy all sorts of social gains. Those who are optimistic and positive are successful at various pursuits and resilient in the face of setbacks. Curiosity and zest avoid fatigue and anxiety in most of the individuals (Peterson, Park & Seligman, 2005). While, controlling for age, class, ethnicity, fitness, and employment, people with good character have greater satisfaction with life than those who lack adequate virtues and characters providing the rewards. Satisfaction with life has been related to broad formation of emotional, mental physical, academic, and social signs of functioning and working in adolescents and children (Huebner, 2004). The role of parents is considered to contribute significantly to flourish the character strengths and their satisfaction with life. Parents that are authoritative in nature require answer and they want their children follow their guideline. Such parents develop a set of rules for their children and they examine their children either they follow their rules or not. In every matter of life, they support their children. They want their children to be socialized and supportive (Baumrind, 1991). Psychological well-being is a positive indicator within the lives of adolescents which can be associated with parental practices. According to Raboteg-Saric, & Sakic, (2014) this psychological well-being includes optimism, self-esteem, life satisfaction, happiness and hope. Thus, the parenting styles holds such strengths within the children which helps in shaping up their character and well-being of life. The preferred style of parenting is authoritative parenting which is related with positive results within the life of adolescents (Baumrind 1978; Hein & Lewko 1994). An authoritative parenting style presents the structure and assist adolescents to internalize and hold positive behaviors and strong character (Berge, Wall, Loth, & Neumark-Sztainer, 2010).

All aspects of life satisfaction are influenced by major forms of parenting. Adolescents raised under authoritative parenting styles received more and higher ratings in life satisfaction compared with those living in incompetent and hierarchical communities. Positive relationships with parents and attitudes towards parenting improve life satisfaction (Chang, McBride-Chang, Stewart, & Au, 2003; Çivitçi, 2009; Gilman & Huebner, 2006; Suldo & Huebner, 2004).

According to Furnham & Cheng (2000), parental authoritativeness has proved to be the most direct indication of fulfilment for adolescents. Parental importance is considered as the primary indicator of adolescent's happiness when parental behavior of both father and mother were witnessed. The strength of character probably stems from a stable relationship between the child and the role of the parent (Bowlby, 1969). They agree that healthy adults, physically and socially linked, are more involved in their lives (Brock, Kochanska, O'Hara & Grekin, 2015). For the theoretical foundations of study undertaken, the link is observed between the Theory of Virtues and Character Strengths (Peterson, 2006) and establishment of prosper and satisfied life. This theory clearly states that character strength is reliably identified with fulfillment and satisfaction of life, a significant pointer of individual prosperity is zest, love, curiosity, hope and gratitude, characterized as the capacity to continue responded self-serving associations with other individuals. In this way, for an emotionally decent life and satisfaction, people need to develop these qualities. There is significant contribution for parents' teachers, emotional wellness experts, and approach producers who worry about the advancement of constructive improvement among adolescents. Studies taking this Theory of Virtue and Character Strengths as the baseline have reported that people with strong character strengths can excel towards the contentment. Moreover, adolescents who have their parents with these qualities live better and have strong relationships with their family (Park, Peterson, & Seligman, 2004; Park & Peterson, 2006).

Although, from the review of existing literature, it was established that life satisfaction is major point of concern for adolescents still the evidences are intermixed.

However, literature lacks adequate evidence related to role of parenting for building up the character strength of adolescents and their life satisfaction. In order to affirm the role of parenting in this context, this research attempted to measure the moderating role of authoritarian parenting among the relations of life satisfaction and character strength in adolescents residing in Punjab, Pakistan.

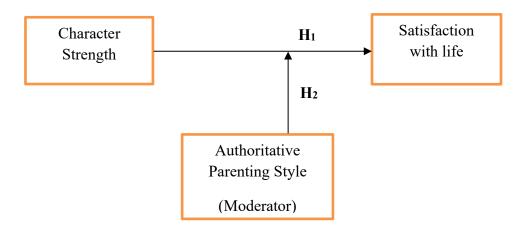## 1.1 Conceptual Framework of the study

Figure 1: Hypothesized research model (self-constructed).

2. Materials and Methods

2.1 Participants

In total, 410 adolescents (205=males, 205= females) with age range 10-17 years, from various schools of four metropolitan cities (Multan, Lahore, Faisalabad and Rawalpindi) of Punjab were selected through the convenient sampling technique. The sample size was justified through online A-priori sample size calculator for multiple hierarchical regression (Soper, 2019).

2.2 Instruments

Participants were individually assessed through three measurement instruments i.e., Values in Action Inventory of Strengths for Youth (VIA-Youth) developed by Park & Peterson (2006) is a self-report inventory which helps to assess the 24-character strengths among youth. This inventory showed mean internal consistency with Cronbach alpha= 0.86. Further, Satisfaction with Life Scale (SWLS) developed by Diener et al. (1985) having 5 items to measure global life satisfaction with Cronbach alpha reliability of 0.74 were employed in this research and authoritative parenting styles subscale of Parental Authority Questionnaire (Buri, 1991). It is a 30 items self-report questionnaire design to calculate parenting styles employed by parents, but for this study, authoritative parenting style subscale was used with item numbers 4, 5, 8, 11, 15, 20, 22, 23, 27, and 30. Cronbach alpha value for this subscale was 0.92.

2.3 Procedure

For the collection of data, participants were approached in their schools and were asked to participate in the research through informed consent. After obtaining their willingness for participation, general information and instructions regarding the questioners were given to them. The selected questionnaires were filled by participants and they were ensured about the confidentiality and privacy of the information they provided. The collected data were analyzed through SmartPLS (3.0).

3. Results

Table 1 significance of path coefficient and effect of character strength on life Satisfaction (N=410)

Relationship	Path coefficient	t-value	p value	R^2	Ad. R^2	f^2	Q^2
Character Strength > Life Satisfaction	0.729	30.764***	0.000	0.531	0.530	1.133	0.245

***Significant at 1 %

The above table showed the relationship between character strength and life satisfaction. According to the above table correlation between both is assessed through path coefficient = 0.729, whereas t-value=30.764 and Q2 =0.245 also shows that there is significant relationship between character strength and life satisfaction. Whereas the value of R2 coefficient = 0.531 and f2= 1.133 shows the large effect size of character strength on life satisfaction.

Table 2 Moderating effect of authoritative parenting style on character strength and life satisfaction among adolescents (N=410)

Relationship	Path coefficient	t-value	p value	R^2	Ad. R^2	f^2	Q^2
CS>LS	0.527	13.005***	0.000	-	-	0.376	-
APS>LS	0.203	4.438***	0.046	-	-	0.057	-
CS*APS > LS	-0.207	9.332***	0.000	-	-	0.153	-
LS	-	-	-	0.617	0.615	-	0.279

CS=Character Strength, APS= Authoritative Parenting Style, LS= Life Satisfaction

***Significant at 1 %

The above table shows the significant moderating role of authoritative parenting style on character strength and life satisfaction. Whereas the path coefficient shows significant correlation between authoritative parenting style, character strength and life satisfaction. Moreover, the values of R2 coefficient = 0.615 and f2 =0.153 shows large effect size and Q2 = 0.279 shows significant moderating role of authoritative parenting style on life satisfaction among adolescents.

Figure 2: Structural model for authoritative parenting style having Moderating effect on character strength and life Satisfaction
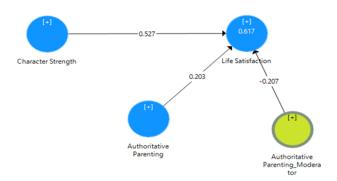
Figure 3: Significance (t-value) in structural model of authoritative parenting style showing moderating effect on character strength and life satisfaction through Bootstrapping
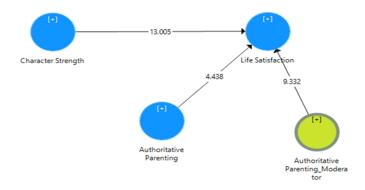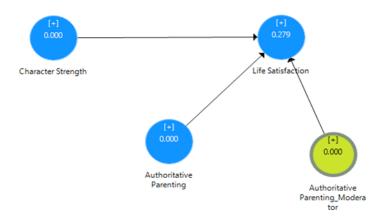
Figure 4: Value for Q2 by blind folding in structural model of life satisfaction showing significant moderating effect of authoritative parenting style.

4. Discussion

This study had two main objectives, first was to assess the relationship between character strength and life satisfaction and second was to measure the moderating role of authoritative parenting style between character strength and life satisfaction of adolescents. So, the H1 of this study was that there would be significant impact of character strength on life satisfaction among the sample taken. According to the results of this study in table 1, character strength and life satisfaction were positively correlated with each other with path coefficient 0.729 (see fig 2). Whereas the R2= 0.531 values showed that character strength significantly predicted life satisfaction among the adolescents. As supported by the previous research that, satisfaction of life predicted directly by the capacity of love and gratitude due to purpose of life and strength of character (Lee, Foo, Adams, Morgan, & Frewen 2015). Moreover, the t-value= 30.764 also explains the significance of path coefficient. This value shows that there is positive significant correlation between character

strength and satisfaction with life among adolescents from Punjab. However, the results of this study are supported by the previous literature, character strengths have been associated with well-being (Harzer & Ruch, 2015). Character strengths are directly linked to external factors, just like having good education, a balanced or stable social characteristic, such as gratitude, love, hope, curiosity and vitality are strongly linked or related to satisfaction with life (Brdar & Kashdan, 2010; Park, 2004). Satisfaction with life is influenced positively by strong strengths of love and gratitude. Brder, Anic and Rijavec (2011) stated that well-being and happiness of individual is referred to contribution in strength of character regarding the connection between vitality, gratitude, hope, curiosity, persistence, social intelligence strength, love and satisfaction with life (Peterson et al., 2005). In the light of above cited literature and results of this study, our first hypothesis is accepted.

Further, the second hypothesis of this study stated that authoritative parenting style would moderate the relationship between character strength and life satisfaction among the adolescents of Punjab. In the table 2, results shows that authoritative parenting style significantly moderates the relationship between character strength and satisfaction with life. Moreover, the t-value= 9.332 (figure 3) also explains the significant moderating role of authoritative parenting style. This value shows that authoritative parenting is significant moderator for character strength and satisfaction with life among adolescents. These results are supported by the literature of character strength and satisfaction with life with the effect of authoritative parenting style. Authoritative parenting styles emphasizes both support and clear standards and they are both demanding and responsive. In order to predict satisfaction with life, not only authoritative parenting dimensions plays a significant role, but social support also influence the results. The most important factor in the determination of satisfaction with life in adolescent is supportive parenting style (Suldo & Huebner, 2004). According to Furnham & Cheng (2000) when both mother and father child-rearing practices were observed, the only direct predictor of children's happiness appeared was maternal authoritativeness.

5. Conclusion

This study concluded that there is a significant impact of character strength on satisfaction with life among adolescents of four metropolitan cities of Punjab. Moreover, authoritative parenting style significantly moderates the relationship between character strength and satisfaction with life of adolescents.

6. Limitations and suggestions

The population of the present study was only limited to adolescents of four metropolitan cities of Punjab. Generalizability of results on whole Pakistan cannot be claimed. More parenting styles, demographic variables and covariates should also be addressed in the upcoming researches through quantitative studies to incorporate other factors. Moreover, this study was based on normal adolescents' population, there is need to take specified sample to explore the factors which leads towards the character strength and satisfaction with life.

7. Implications of study

The practical implications of this study included that this study will be helpful for the parents to understand the importance of authoritative parenting style among adolescents. This study will also help the parents to increase the character strength and satisfaction of life by using authoritative parenting style. The findings of the study can also be useful for students to make batter character strengths and to improve satisfaction with life.

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