

## Age and Psychological Well-being as Predictors of Male Child Parenting among Married Adults

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### ABSTRACT

Age is a critical factor in parenting, as parenting styles and attitudes can vary significantly across different age groups. Psychological well-being encompasses an individual's emotional health, life satisfaction, and overall mental state. The study examined age and psychological well-being as predictors of Male Child Parenting among married adults in Kwara State. A descriptive survey was used. The study was conducted on 384 married adults in Kwara Central Senatorial District, Kwara State, using a self-designed questionnaire called "Age and Psychological Well-being as Predictors of Male Child Parenting Questionnaire (APWDMCPQ)". The questionnaire was validated by experts and its reliability was established through pilot testing using the Split-half method. The results were correlated using Spearman-Brown Correlation Coefficient Statistics (PBCCS) with a reliability index of 0.76. The study used mean and standard deviation to present answers to research questions, and Analysis of Variance (ANOVA) statistics to test hypotheses at a 0.05 level of significance. The study show that there is a significant effect of age on male child parenting ( $F_{cal}=25.60, p.<0.05$ ). The study found that there is no significant effect of psychological well-being on male child parenting ( $F_{cal}=3.34, p.>0.05$ ). The study found that age significantly impacts male-child parenting, but parental psychological well-being doesn't significantly affect it. It recommended that married adults aged 25-35 and 36-45 should seek counselling to develop appropriate parenting skills. Additionally, they should be educated on coping mechanisms to withstand the pressure of parenting male children, improving their psychological well-being and enabling effective male child parenting.

**Keywords:** Male Child Parenting, Married Adults, Parenting, Psychological Wellbeing



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## INTRODUCTION

Nigeria is bedeviled with various challenges ranging from high insecurity to economic problems and social issues. Social challenges like rapping, banditry, and fraudulent activities are attributed to child parenting. The educational sector was not left out of the problem of indiscipline, truancy, examination malpractice, and lying caused by poor parenting. This underscores the importance of proper awareness and understanding by the parents of different child emotions. Not only this, but it also demands the conjoin efforts of husband and wife as one entity to be able to give proper monitoring, supervision, and above all adequate parenting for the successful nurturing of these children. Parenting can be seen as the act of entrenching social norms and values, training, and education of children and youths at the micro-social level (Okoroafor & Njoku, 2012).

Male child parenting can be influenced by the age and psychological well-being of parents. Mobayo et al. (2024) highlight the significant role of parenting and mental health issues in Nigerian society, highlighting the challenges faced by parents due to societal pressures and stigma. Agoha et al. (2021) noted that the quality of parent-child interaction is

crucial for child development. Effective parents' communication of warmth significantly influences the development of emotional regulation, self-identity, and facets of character, all of which contribute to optimal mental well-being. Inadequate parenting can negatively reinforce undesirable behavior and corrupt tendencies if parents abandon their responsibilities and avoid punishing the child when he/she acts aggressively towards them or other people (Nwadinobi et al., 2019). Nwagwu et al. (2023), Shamah (2011), Anyama et al. (2022) and Kyamru and Samuel (2016) have all contributed to the field of parenting, highlighting the significant influence of age, stress, and mental health on the process, as supported by various studies and research.

### Statement of the Problem

Poor psychological well-being like stress and emotions can impact negatively male child parenting. It is observed that male children lack morals to the extent of disrespecting elders, school management, and teachers. Male children are also involved in social vices such as stealing, fraud, rapping, truancy, unnecessary partying, indecent dressing, and bullying among others which has been traced to parenting practices. These

problems are attributed to different factors such as lack of parental responsibility, lack of parental care, supervision, and attention which can result in bringing up male children with negative behavior.

Parents' negligence can make the male child seek love, emotions, care, and advice from bad friends which could also lead them to commit vices. Poor awareness of negative emotions on the part of the parents can also contribute to poor parenting. Similar studies by Shamah (2011), Kuna et al. (2018), and Kyamru and Samuel (2016) which examined age's impact on parenting and Dennis (2016), Akinnawo et al. (2020), Agoha et al. (2021), Anyama et al. (2022) and Nwagwu et al. (2023) studies focused independently on stress and mental health.

However, there is no in-depth investigation of the combination of age and psychological well-being as predictors of male-child parenting among married adults in Kwara State. Hence, the study examined age and psychological Well-being as predictors of Male Child Parenting among married adults in Kwara State.

### **Purpose of the Study**

- 1.) Age as a predictor of male child parenting among married adults in Kwara Central.
- 2.) Psychological well-being as a predictor of male child parenting among married adults.

### **Research Questions**

- 1.) Does Age predict male child parenting among married adults?
- 2.) Is psychological well-being a predictor of male-child parenting among married adults?

### **Research Hypotheses**

HO1: Age does not significantly predict male-child parenting among married adults.

HO2: Psychological well-being does not significantly predict male-child parenting among married adults.

### **Literature Review**

#### **Parenting**

Parents are very important in a child's existence, especially in their early years until they can support themselves. Discipline and control imposed by parents help develop a healthy personality of a child (Sunita, 2022). Parents are among the most significant people in the lives of young children from birth, children are learning and rely on mothers and fathers, as well as other caregivers acting in the parenting role, to protect and care for their well-being.

Parenting is a social act, a responsibility, a process, and a role that is essential for society to ensure social stability, harmony, and progress. It is an act that demands a high degree of commitment, sacrifice, perseverance, attitude, knowledge, tolerance, and determination from conjoin parents in bringing up their wards. It is a sort of function that is institutionalized by the family system in society and goes with a sense of care, relationship, love, compassion, and hope. It is an act of close guidance and control of children at the very smallest unit of society which is the family.

### **Male Child Parenting**

The male gender, also known as men or boys, is one of the two main genders in the human species, the other being female. Sociologically and culturally, males are often associated with traditional roles and expectations, such as Strength and athleticism, assertiveness and leadership, provider and protector roles, and interest in sports and technology. However, it's important to recognize that gender is a social construct, and not all individuals fit into traditional gender categories or conform to societal expectations. Some individuals may identify as non-binary, genderqueer, or genderfluid, which can be separate from their biological sex. It is essential to respect and recognize the diversity of gender identities and expressions and work towards inclusivity and equality for all individuals, regardless of their gender.

Parenting male child require positive role modeling, encouraging emotional expression, building self-esteem, teaching responsibility, fostering empathy and compassion, and encouraging physical activity (Balraj, 2023). Moreover, set boundaries and discipline, encourage learning and exploration, build a strong relationship, and be patient and consistent. It is interesting to note that every child is unique, and what works for one may not work for another. Trust your instincts and adapt your approach as needed. Child parenting is a great business that every parent must take with utmost importance. In some homes, biased treatment was observed to be given to male child over their female counterparts. This is unconnected with the cultural or traditional practice of heir of the family which has been observed in Nigeria for a longer period of time. Male children are prioritized by parents and as such are accorded fair treatment while females are given little or no attention in terms of parenting (Balraj, 2023).

The United Nations, Department of Economic and Social Affairs, Population Division reports that Nigeria was populated with children below 5 years and under 18 years than adults as shown in Table 1.

**Table 1.** The population of Children in Nigeria 2022, by age

S/N	Age	Number (Million)
1.	Under 5 years	35,907,491
2.	Under 18 years	110,797,958
3.	Above 18 years	71,835,762
		218,541,212

Sources: United Nations, Department of Economic and Social Affairs, Population Division (2022).

It is evidenced from Table 1, that children have a larger share of the Nigerian population. The population of children under the age of 5 stands at 35,907,491 million and under 18 years stood at 110,797,959 million out of approximately 218.5 million people (Akinyemi & Isiugo-Abanihe, 2014). Going by this high population of children necessitates the kind of parenting that will involve the two parents (husband and wife) to be at a page to face the task of raising these children,

especially male children successfully. However, achieving the desired results is still far away because little attention has been paid to the impact of age and psychological well-being in child parenting.

Male child parenting is observed to be a difficult task because of the parent's age. The age of the parents is another important factor influencing the cognitive power which is responsible for the regulation of emotions and behavioral patterns in child parenting. Townsend (2023) found that women who had their last child after the age of 35 years had sharper cognition and verbal memory and also found that women who had their first child after the age of 24 years were better at problem-solving than their peers who had children before age of 24 years. The National Bureau of Statistics reported that 84.9% of children aged 1-14 had experienced violent discipline by their parents in Nigeria (Fabbri et al., 2021). Additionally, the role of psychological well-being in parenting cannot be overemphasized.

### **Psychological Well-being**

Psychological well-being is a positive state of mind. Parent awareness of emotions is very important in child parenting. The children's behavior and emotional competencies must be guaranteed by the parents. This is because parent emotional socialization plays an important role in shaping emotional and behavioral development during adolescence (Kehoe et al., 2015). Children need care that promotes positive emotional health and well-being and that supports their overall mental health, including a positive sense of self, as well as the ability to cope with stressful situations, temper emotional arousal, overcome fears and accept disappointments and frustrations. Parents and other caregivers are essential resources for children in managing emotional arousal, coping, and managing behavior.

This is because children serve in this role by providing positive affirmations, conveying love and respect and engendering a sense of security. Provision of support by parents helps minimize the risk of internalising behaviors, such as those associated with anxiety and depression, which can impair children's adjustment and ability to function well at home, at school, and in the community (Breiner et al., 2016). Symptoms such as extreme fearfulness, helplessness, hopelessness, apathy, depression and withdrawal are indicators of emotional difficulty that have been observed among very young children who experience inadequate parental care (Ogundele, 2018).

Psychological well-being as a positive mental state defines an individual's self-acceptance, positive connection with others, environmental mastery, autonomy, life purpose, and self-awareness, all of which improve one's quality of life. The mental state of healthcare providers is often overlooked or given little attention in low-and middle-income countries; however, this area of exploration remains a major concern in Nigeria (Nwagwu et al., 2023).

### **Empirical Review**

#### **Age as predictor of Male Child Parenting among Married Adults**

Kyamru and Samuel (2016) conducted a study on the correlation between parental age, parity, and child neglect in Bauchi State, Nigeria. The research design was correlation research. The study population was 550,421 students and a sample of 1,549 secondary school students was selected using a multi-stage sampling procedure. Child Neglect Questionnaire (PCNQ) was used for data collection. Pearson correlation ( $r$ ) and a linear multiple-regression model were adopted. The results indicated a minimal correlation between parental age and child neglect, as well as between parents' parity and PCN. Notably, the age of both fathers and mothers emerged as significant predictors of child neglect.

Kuna et al. (2018) examined the correlation between the age disparity between husbands and wives and the total number of offspring, including daughters and sons, within a modern, rural Polish community. 384 postmenopausal women in Poland were sampled. Regression analyses were used. The findings revealed a curvilinear relationship between the age difference among parents and the total offspring count, as well as the number of sons. However, no significant correlation was observed between the age difference among parents and the number of daughters.

Menta and Lepinteur (2021) explored the disparity in age between spouses ( $D_a$ ), which influences the gender of first-born offspring and the asymmetry of daughters. The hypothesis posits that women in high  $D_a$  relationships prioritize male embryos before their initial full-term pregnancy, resulting in a decreased number of female offspring, whereas women in low  $D_a$  relationships favor female embryos, leading to the selective loss of males and the birth of symmetric female infants. The first-born sons of high  $D_a$  pairs are likely to inherit their father's status, while the symmetric daughters of low  $D_a$  pairs may aspire to marry into higher social ranks.

Shamah (2011) explores shifts in parental behaviors concerning the age-appropriate developmental needs of children. The study involved 302 subject matter experts (SMEs) who completed an adapted version of the Parent Behavior Importance Questionnaire-Revised (PBIQ-R). The results indicate a shift in the importance of parenting behaviors throughout children's lifespan. Subsequently, there is a decrease in importance across the adolescent, late adolescent, and adult age groups. In contrast, the negative parental role characteristic, while consistently rated low, decreases in significance as children grow older. Furthermore, the study reveals that certain parental role characteristics hold more significance than others across all child age groups. Specifically, bonding, responsivity, and sensitivity are consistently deemed the most crucial, while discipline is consistently considered the least important positive parental role characteristic across all age groups.

#### **Psychological Well-being as Predictors of Male Child Parenting**

Nwagwu et al. (2023) investigated whether family structure moderates the relationship between parenting styles and psychological well-being among nursing students in Imo State, Nigeria. Three hundred and thirty-eight (338) nursing students selected from two different nursing institutions in Imo State were sampled in this study. The study adopted a cross-sectional survey design. The Parenting Style Rating Scale (PSRS) and the Psychological Well-being Rating Scale (PWVR) were data collection instruments. Moderated regression analysis was

conducted. The result revealed that parental styles positively and significantly predicted psychological well-being.

Anyama et al. (2022) investigated the stressors faced by parents, the various types of special needs their children have, and the mental well-being of parents in Lagos State, Nigeria. A total of three hundred parents, consisting of 150 mothers and 150 fathers were sample. A stratified sampling technique from fifteen public and private Special Education Needs Schools (SENS) in Lagos State. A 30-item researcher-developed questionnaire known as the Parental Stress and Psychological Well-being Questionnaire (PSPWQ). Two-way Analysis of Variance (ANOVA) and Fisher's Least Square Method statistical tools at a significance level of 0.05. The results of the analysis indicated a significant difference where fathers exhibited higher levels of psychological well-being compared to mothers.

Agoha et al. (2021) conducted a cross-sectional survey to investigate the impact of parenting style on the psychological well-being of secondary school adolescents. The study involved 300 students from five Secondary Schools in Lagos State. PAQ and Psychological Well-being scales were used for data collection. The results revealed that permissive parenting exhibited a positive association with anxiety/depression and environmental mastery aspects of psychological well-being. The findings underscore the potential benefits of community initiatives focused on parental training in improving the mental health outcomes of children within the community.

A descriptive study by Akinawo et al. (2020) on perceived parenting styles and psycho-social well-being of Nigerian Adolescents used 332 in-school adolescents as sample. Mental Health Continuum-Short Form (MHS-SF) and Parenting Style Instrument (PSI) were instruments for data collection. Independent sample t-test and One Way ANOVA) were used for data analysis. The result showed that parenting styles significantly predict level of psychosocial well-being of adolescents.

Bergh et al. (2019) examined the influence of parental age on children's health outcomes extending beyond the perinatal period. The study delved into the correlation between parental age and child outcomes. The results unveiled a protective impact of advancing maternal age on behavioral issues, while revealing conflicting findings regarding paternal age. It was observed that offspring of older mothers tend to exhibit a reduced susceptibility to behavioral and academic challenges compared to those born to younger mothers.

Dennis (2016) research entailed a comprehensive analysis of both qualitative and quantitative data derived from the Mindful Awareness for Parenting Stress (MAPS) Project. This project involved a randomized controlled trial investigating the effectiveness of Mindfulness Based Stress Reduction (MBSR) in alleviating parental stress and subsequent behavioral issues in children. The study encompassed 96 parents of children aged between 2.5 to 5 years old, all diagnosed with Developmental Disorders (DD). Multiple Mediation Analyses was used. The findings from the directed content analysis of qualitative data revealed substantial enhancements in various facets including parenting stress levels, parenting behavior, and child behavior and development. Furthermore, the results of demonstrated that a crucial aspect of the parent-child relationship, namely parent-child relational frustration, significantly mediated the correlation between

parenting stress and child outcomes. This mediation effect indicated that heightened parental distress correlated with increased relational frustration, subsequently leading to elevated child behavior problems.

Anyanwu (2010) examined the impact of parental relationships on the psychological well-being of adolescents in the southeastern region. A descriptive survey design. 4000 adolescents (2000 males and 2000 females) in Abia, Enugu, Imo, and Anambra States of Nigeria. A questionnaire was for data collection. The findings indicated that adolescents tend to experience more emotional and social challenges compared to personal issues, among other observations.

### **Theoretical Review**

John Bowlby, a British psychologist, developed Attachment theory in 1982, focusing on the psychological connection between humans. Bowlby's theory explores the anxiety and distress children experience when separated from their primary caregivers, such as mothers (Bretherton, 2013). Attachment theory suggests that infants become attached to their primary caregivers for pleasure and oral needs fulfillment.

Some of the earliest behavioral theories suggested that attachment was simply a learned behavior. These theories proposed that attachment was merely the result of the feeding relationship between the child and the caregiver. Because the caregiver feeds the child and provides nourishment, the child becomes attached. Bowlby observed that feedings did not diminish separation anxiety. Instead, he found that attachment was characterized by clear behavioral and motivation patterns (Ecker, 2012). When children are frightened, they seek proximity from their primary caregiver in order to receive both comfort and care. Johnson (2012) described four attachment styles that affect the therapy process:

**Secure attachment:** People who are secure and trusting perceive themselves as lovable, able to trust others and themselves within a relationship. They give clear emotional signals and are engaged, resourceful and flexible in unclear relationships. Secure partners express feelings, articulate needs and allow their own vulnerability to show.

**Avoidant attachment:** People who have a diminished ability to articulate feelings, tend not to acknowledge their need for attachment and struggle to name their needs in a relationship. They tend to adopt a safe position and solve problems dispassionately without understanding the effect that their safe distance has on their partners.

**Anxious attachment:** People who are psychologically reactive and who exhibit anxious attachment. They tend to demand reassurance in an aggressive way, demand their partner's attachment and tend to use blame strategies (including emotional blackmail) in order to engage their partner (Johnson, 2012).

**Fearful-avoidant attachment:** People who have been traumatized and have experienced little to no recovery from it vacillate between attachment and hostility. This is sometimes referred to as disorganized attachment.



## Relevance of Attachment theory to the Study

Attachment technique is highly relevant to this study because the focus is on the parent child relationship which refers to as attachment bond in this theory. The theory is all about the lasting psychological connectedness between parents and child in such a way that the theory is interested in understanding the anxiety and distress that children experience when separated from their primary caregivers who are parents.

## METHOD

A descriptive survey of correlation was used. The study was conducted among male-child parents in Kwara State. The population under scrutiny in this research comprises all wedded adults in Kwara State with a projected estimate of 965,000 (National Population Commission, 2018). A sample of 384 encompassed married adults with male children was selected from the three Local Government Areas in Kwara Central using the Kredjcie and Morgan (1970) table. Purposively, the researcher selected 384 married adults in Kwara Central Senatorial District of Kwara State. Three Local Government Areas were selected (Ilorin West, Ilorin South and Ilorin East) LGAs of Kwara State. The choice of these local government areas is that male child is observed to have exhibited negative behavior and parents are perceived to be unable to control their children, especially male children. The respondents for this study would be couples who are fathers and mothers with male-child. The main instrument was adopted 42 items "Psychological Well-being as Predictors of Male Child Parenting Questionnaire (PWDMCPQ)". The validity of PWDMCPQ was observed by experts who adjudged it contents, construct and contents validity. 5-Likert response options: strongly disagree 1, disagree 2, undecided 3, agree 4, strongly agree 5. The minimum score was 42 and maximum score was 210. The reliability of PWDMCPQ was established through pilot testing using Split-half method. The two set of scores were correlated using Spearman Brown Correlation Coefficient Statistics (PBCCS) with reliability index of 0.76. Mean and standard deviation was used to present answer to research questions, while Analysis of Variance (ANOVA) statistics was used to test hypotheses at 0.05 level of significance. IBM Statistical Package for Social Science (SPSS) version 25.0 was adopted.

## RESULTS AND DISCUSSION

### Demographic Data of the Respondents

Table 2. Age of the Respondents

	Frequency	Percent	Valid Percent	Cumulative Percent
Valid 25-35 YEARS	75	19.5	19.5	19.5
36-45 YEARS	130	33.9	33.9	53.4
46-55 YEARS	179	46.6	46.6	100.0
Total	384	100.0	100.0	

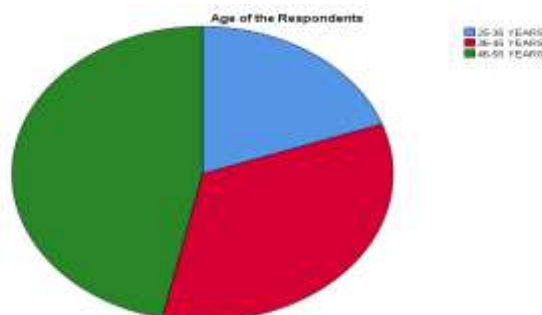


Figure 1. shows the age of the respondents.

Table 2 and figure 1 show the age of the respondents. The result show that 75(19.5%) of the married adults were aged between 25-35 years. Another 130(33.9%) of them were between 36-45 years old while 179(46.6%) of the married adults were 46-55 years old. This result indicates that majority of the married adults involved in this study were 46-55 years old.

### Psychological Well-being of the Respondents

Table 3. Psychological Wellbeing

	Frequency	Percent	Valid Percent	Cumulative Percent
Valid High Psychological Wellbeing	126	32.8	32.8	32.8
Low Psychological Wellbeing	35	9.1	9.1	41.9
Moderate Psychological Wellbeing	223	58.1	58.1	100.0
Total	384	100.0	100.0	



Figure 2. Psychological Well-being of the Respondents

Table 3 and figure 2 show the response psychological well-being of married adults. The result indicates that 126(32,8%) of the respondents have high psychological wellbeing. 35(9.1%) have low psychological well-being and 223(58.1%) have moderate psychological wellbeing.

### Research Questions

1. Does age predict Male Child Parenting among Married Adults in Kwara Central?

**Table 4.** Coefficients of Age Prediction of Male Child Parenting among Male Child Parents

Model	Unstandardized Coefficients		Standardized Coefficients	T	Sig.	95.0% Confidence Interval for B		
	B	Std. Error				Lower Bound	Upper Bound	
1	(Constant)	.165	.418		.394	.694	-.657	.986
	Age	.075	.015	.251	5.060	.000	.046	.104

a. Dependent Variable: Male Child Parenting

Table 4 show  $\beta$  value of response on the prediction of age to male child parenting. The result indicates that  $\beta$  value of .251. This suggests that age explain for about 25.1% of male child parenting among married adults in Kwara Central.

2. Does psychological Well-being predict Male Child Parenting among Married Adults in Kwara Central?

**Table 5.** Psychological Well-being Prediction of Male Child Parenting among Married Adults

Model	Unstandardized Coefficients		Standardized Coefficients	T	Sig.	95.0% Confidence Interval for B	
	B	Std. Error				Lower Bound	Upper Bound
1	(Constant)	19.386	1.177	16.469	.000	17.071	21.700
	Psychological Wellbeing	-.025	.014	-.093	.1826	-.053	.002

a. Dependent Variable: Male Child Parenting

Table 5 show  $\beta$  value of response on the prediction of psychological well-being of male child parenting. The result indicates that  $\beta$  value of -.09. Thus, psychological well-being explains about only 9.3% of male child parenting among married adults in Kwara Central. This suggests that psychological well-being is not a significant predictor of male child parenting among married adults in Kwara Central.

**Research Hypotheses**

**H01:** Age does not significantly predict Male Child Parenting among Married Adults.

**Table 6.** ANOVA of Age as predictor of Male Child Parenting among Married Adults

ANOVA <sup>a</sup>						
Model		Sum of Squares	df	Mean Square	F	Sig.
1	Regression	14.184	1	14.184	25.601	.000 <sup>b</sup>
	Residual	211.649	382	.554		
	Total	225.833	383			

a. Dependent Variable: Age of Married Adults

b. Predictors: (Constant), Male Child Parenting

Table 6 show that F.cal. is 25.60. The significant level is 0.000 at 0.05. The significant value is less than the 0.05 (F.cal.=25.60,

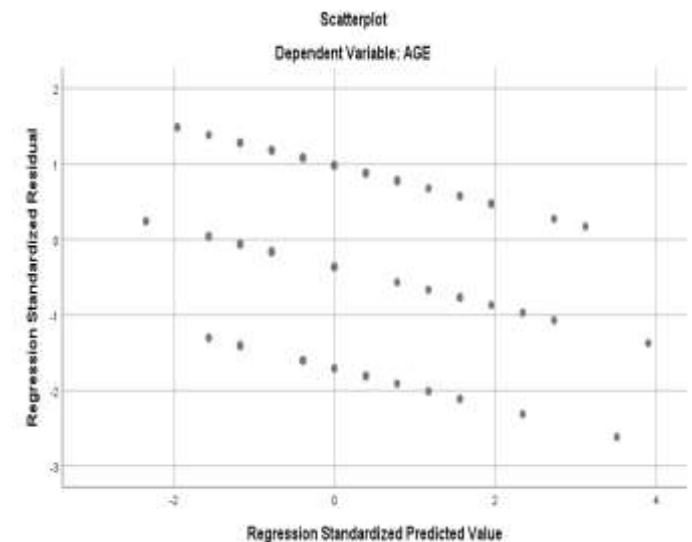
$p < 0.05$ ). Hypothesis one is hereby rejected. This implies that there is a significant effect of age on male child parenting.

**Table 6.1.** Estimates of Marginal Means of Age Groups

Estimates				
Dependent Variable: Male Child Parenting				
	Mean	Std. Error	95% Confidence Interval	
Age			Lower Bound	Upper Bound
25-35 YEARS	6.048 <sup>a</sup>	1.260	3.500	8.596
46-55 YEARS	6.738 <sup>a</sup>	1.205	4.300	9.175
36-45 YEARS	5.511 <sup>a</sup>	1.373	2.734	8.288

a. Based on modified population marginal mean.

Table 6.1 shows the estimates of marginal means of age groups. From the table, age group 46-55 years has the highest mean of 6.74. This is followed by age group 25-35 which has 6.04 and 36-45 group which has 5.51. This implies that age within 46-55 years have significant effect on male child parenting.



**Figure 3:** Scatterplot of Age and Male Child Parenting

Figure 4 indicates that age 46-55 years old have profound effect on male child parenting among married adults in Kwara Central.

**H02:** Psychological Well-being does not significantly predict Male Child Parenting among Married Adults.

**Table 7.** ANOVA of Psychological Well-being does not significantly predict Male Child Parenting among Married Adults

ANOVA <sup>a</sup>						
Model		Sum of Squares	df	Mean Square	F	Sig.
1	Regression	18.534	1	18.534	3.335	.069 <sup>b</sup>
	Residual	2122.964	382	5.557		
	Total	2141.497	383			

a. Dependent Variable: Male Child Parenting

b. Predictors: (Constant), Psychological Wellbeing

Table 7 show that F.cal. is 3.34. The significant level is 0.07 at 0.05. The significant value is greater than the 0.05 (F.cal.=3.34,  $p > 0.05$ ).

Hypothesis two is hereby rejected. This implies that there is no significant effect of psychological well-being on male-child parenting.

**Table 7.1:** Model Summary of Psychological Well-being does not significantly predict Male Child Parenting among Married Adults

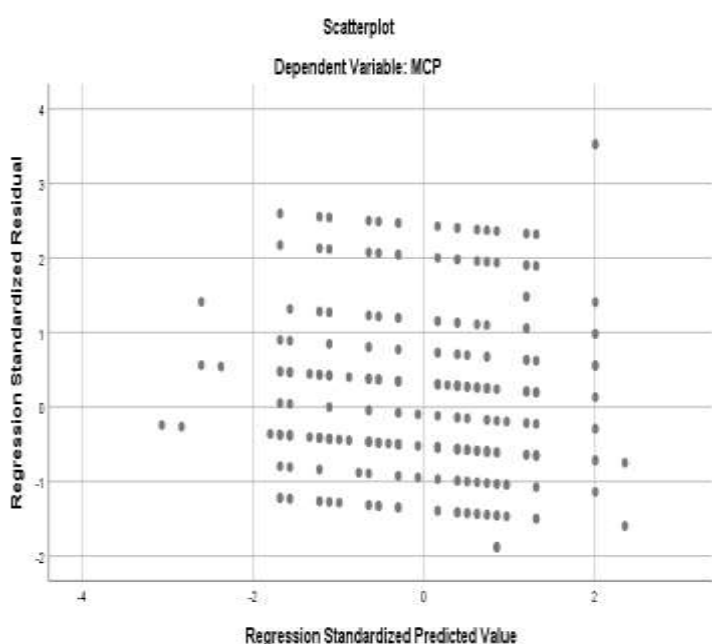
**Model Summary <sup>b</sup>**

Model	R	R Square	Adjusted R Square	Std. Error of the Estimate	Durbin-Watson
1	.093 <sup>a</sup>	.009	.006	2.35743	.843

a. Predictors: (Constant), Psychological Wellbeing

b. Dependent Variable: Male Child Parenting

Table 7.1 that R. value is .09. R Square is .009 and Adjusted R Square is .006. This indicates that psychological well-being contributed 0.9% to the prediction of male child parenting.



**Figure 4:** Scatterplot of Psychological Well-being Prediction of Male Child Parenting among Married Adults

Figure 4 show scatterplot of no significant effect of psychological well-being on male child parenting among married adults.

**Discussion**

The study shows that there is a significant effect of age on male child parenting among married adults in Kwara Central. There is a strong effect of age on male child parenting. Married adults who were 46-55 years old were considered an active age which have significant impact on male child parenting. This implies this age 46-55 years exert great impact on male child parenting. This result is linked to the importance of this age bracket to proper parenting of male child because it is belief that married adults would have acquire relevant experience and maturity on the best way of nurturing their male children at this age (46-55 years). Also, children further receive both comfort and care from their parents within this age bracket. Shamah (2011) who show that bonding,

responsivity and sensitivity are consistently deemed the most crucial, while discipline is consistently considered the least important positive parental role characteristic across all age groups. On the contrast, this result epitomizes the evil of age bellow 46-55 years which bothered on show of inexperience in parenting of married adults resulting from lack of cognitive power. Townsend (2023) found that women who had their last child after the age of 35 years had sharper cognition and verbal memory and also found that women who had their first child after the age of 24 years were better at problem-solving than their peers who had children before age of 24 years. The National Bureau of Statistics (2019) reported that 84.9% of children aged 1-14 had experienced violent discipline by their parents in Nigerian.

Furthermore, it is evident in Table 5.1 which shows the estimates of marginal means of age groups. From the table, age group 46-55 years has the highest mean of 6.74. This is followed by age group 25-35 which has 6.04 and 36-45 group which has 5.51. This implies that age within 46-55 years have significant effect on male child parenting. This finding correlated with the submission of Bergh et al. (2019) who observed that offspring of older mothers tend to exhibit a reduced susceptibility to behavioral and academic challenges compared to those born to younger mothers.

The study shows that there is no significant effect of psychological well-being on male child parenting among married adults in Kwara Central. There is no strong effect of psychological well-being on male child parenting among married adults. Psychological well-being of parents in the study area did not have strong effect on raising their male children. This result may be attributed to the environmental, religion and socio-cultural factors in the study areas. The parents' behavior and emotional competencies is determined by societal norms, religion belief and values. This is because parent emotion socialisation plays an important role in shaping emotional and behavioral development (Kehoe et al., 2015). This result is corroborated in Table 6.1 that R.value is .09. R Square is .009 and Adjusted R Square is .006 which indicates that psychological well-being contributed 0.9% to the prediction of male child parenting. Discipline and control imposed by parents help develop a healthy personality of a child (Sunita, 2022). This finding is supported by the results of Anyama et al. (2022) who results indicated a significant difference where fathers exhibited higher levels of psychological well-being compared to mothers. Also, in line with this study outcome, Agoha et al. (2021) who results revealed that permissive parenting exhibited a positive association with anxiety/depression and environmental mastery aspects of psychological well-being. Anyanwu (2010) who indicates that adolescents tend to experience more emotional and social challenges compared to personal issues, among other observations. Allgood (2012) assertion that both mothers and fathers significantly influence the psychological well-being of adolescents. Mobayo et al. (2024) observed that parenting and mental health issues hold significant importance in Nigerian society, where societal pressures and the stigma surrounding mental health contribute to challenges in effective parenting practices. Overall, this study indicates that psychological well-being contributed 0.9% to the prediction of male child parenting which is considered not significant.

## CONCLUSION

The study explores the relationship between age and psychological well-being as predictors of male-child parenting among married adults. Age is a critical factor influencing parenting styles, with older fathers exhibiting more authoritative styles informed by their experiences and maturity. Research suggests that age correlates with greater emotional regulation, patience, and understanding, allowing older parents to navigate the complexities of child-rearing more effectively. Conversely, younger fathers may approach parenting with enthusiasm and naivety, potentially leading to less effective practices. Married adults with high psychological well-being are more likely to adopt positive parenting styles, characterized by warmth, responsiveness, and effective communication. Such parents tend to foster an environment conducive to the healthy development of their children. However, individuals suffering from psychological distress may struggle with parenting responsibilities, as mental health issues such as depression and anxiety can hinder a parent's ability to connect with their children and respond to their needs adequately. The intersection of age and psychological well-being reveals a complex relationship. Older fathers may enjoy better psychological well-being due to established careers, stable relationships, and life experience, which can translate into more effective parenting practices. Conversely, younger fathers may experience lower levels of well-being due to the pressures of early parenthood, leading to challenges in their parenting roles. Understanding this interplay is essential for developing interventions aimed at improving parenting practices among married adults. By fostering psychological well-being, especially among younger fathers, it may be possible to enhance their parenting capabilities. The study recommends developing educational programs for young fathers on effective parenting techniques, focusing on emotional intelligence and child development. Providing accessible mental health resources can enhance psychological well-being and improve parenting practices. Establishing community support groups can foster shared experiences and knowledge, promoting healthier parenting methods. Policymakers should consider integrating parenting education and mental health to improve parenting practices.

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