

Effect of Conscious Parenting Style on Discipline and Competency among Pre Primary School Pupils of Kumbotso Local Government Education Authority, Kano State Nigeria

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Abstract

This study investigated the effect of Conscious parenting style on discipline and competency among Pre Primary School Pupils in Kumbotso Local Government Education Authority, Kano State Nigeria. Objectives of the study are to find out the extent to parent apply conscious parenting style to instil discipline among the pupils in kumbotso local education authority Kano, to determine the extent of which parent apply conscious parenting style to foster competency in early childhood education pupils of Kumbotso Local Education Authority, Kano State. Two research questions were generated based on the above objectives. The study adopted descriptive survey research design. Population of the study comprised of five hundred and eighty-four parents of the children from the area of investigation. A sample size of two hundreds and seventeen respondents was used as advised by Research Advisors' table for sample size (2006). Researcher made questionnaire titled Questionnaire for Assessment of Conscious Parenting style (QACPS) was used for data collection. Reliability of internal consistency for the instrument of .76 was obtained via Cronbachs' Alpha. Descriptive statistic in a form of means and standard deviation was use to analyse the research questions. Findings from the study revealed that parents are not adequately applying Conscious parenting style to instil discipline among pre-primary school Pupils in Kumbotso Local Government Education Authority (mean average 1.75 against the bench mark 2.50). The finding also discovered that parents are not adequately applying Conscious Parenting style to foster competency among pre-primary school Pupils in Kumbotso Local Government Education Authority Kano State Nigeria. The study concluded that parental application of Conscious parenting style to instil discipline and competency in Pre Primary Pupils of Kombotso Local Education Authority is not adequate. Finally, the study recommended that parent shall be made aware about the benefit of Conscious parenting style during Parent Teachers Association meetings, psychologists were also advised to engage in writing on modern parenting style.

Keywords: Conscious Parenting style, Discipline, Competency, Pre- Primary

Introduction

Instilling disciplines and competency are the most important roles expected from the parent on their course of providing training to their children for positive upbringing, its indeed believe that lack of proper discipline leads to undesirable behaviour among the children. Looking at the Nigerian national policy on education revised (2024) revealed that without discipline and competency the following of aims and objectives of education cannot be achieved; these aims and objectives are the inculcation of the right type of values for the survival of individual and Nigerian society, the acquisition of appropriate skills abilities and competences for both mental and physical as equipment for the individual to live in and contribute to the development of his society, thus it is obvious that achievements of the above can only be attained through discipline and competency

which has to start from the early childhood training, normally offered by the parent through different approaches. Or what psychologists refer to as parenting styles.

The word discipline comes from the Latin word “disciplina” which means training or educating individual to be modest and have sense of spirituality and character development building. Hasibuan, (2003) described discipline as the awareness and willingness of individuals to obey all rules and norms, while Tulus (2004) argued that discipline is training, especially training of the mind and attitude to be able to control his/her self in carry out customs to comply with rules so that it can become a control and an indicator related to task performance.

Discipline is method of training the mind, body, or behaviour, and it makes people do what his expected of them, we are disciplined when we have self-control. Hassan and Lawan (2020) opines that discipline is the ability to control one’s feelings and overcomes one’s weaknesses, the ability to pursue what one think is right despite temptation to abandon it.

Chloe (2018) identified some attributes of discipline which are

- a. A discipline person must have self-control
- b. A discipline person must have respect for the legitimate authority
- c. A discipline person must exercise moderation in his dealing
- d. A discipline we person must be modest
- e. A discipline person must respect the rules and regulation of the stat.
- f. A disciplined person must be content with he /she has. Thus, discipline according to Gitome, Katola a& Solman (2013) means more than adhering to rules and regulations but entails individual ability to discern what is wrong or write. This stand is very important considering the fact that discipline has unquestionable bearing in the overall development of individual from childhood to his /her adult life.

Discipline starts at home and is further nurtured at school with help of the teachers. According to Kwebaerlin, Enida, Dhianna and Genesis (2023) parents are responsible for disciplining their children by teaching them right or wrong, obeying rules and regulations, and having Good manner and proper conduct. Lansford (2019) highlighted that parents use discipline either reactively to respond to misbehaviour that has already occurred or proactively to prevent misbehaviour from occurring in the future. Children often engaged in various things and are eager to feed their curiosity and this in many incidences leads them to indiscipline. The First idea that the child must acquire, in order to be actively discipline, is that of the difference between Good and evil, and the task of the parents and teachers lies in seeing that the child does not confound goods with immorality.

Competency is a highly valued possession that account accounts for effective use of one’s skills and knowledge in a specific complex context. It denotes the ability to do something or ability to perform a task. Olson and Bolton (2022) indicated that competence refers to an individual characteristic includes the technical knowledge and skills performance, as well as the competence of an individual. Catherine, Nursing, Otto and Cepi (2015) defined competence as a set of knowledge, skills, and attitude that must be owned, lived, ruled and embodied by an individual in executing task without leaving aspect of the personality and social skills capability in carrying out duties. While highlighting the importance of competency in the life of individual Dessler (1997) maintained that competency has several benefits to the education and training namely: (1) helping the individual tone able to make decisions and solve problems better (2) internalization of task and

responsibility, (3) enhance the confidence and self -development (4) helps to reduce fear in the face of new task.

Parenting is the act of accomplishing the role of the parent in nurturance and protection of the child by a natural or substitute parent. Part of the responsibilities are to nurture, love and contribute to the development of the child and create a united positive relationship with the members of the family and outside world in general. The cardinal purpose of parenting as underscored by Ruche (2020) is to raise functional adults who can take care of themselves and make positive contribution to the society, other purposes include to build strong ethical values that might inculcate understanding the significance of ethics, norms and values in every aspect of child's life, enhancement of positive self -care through inculcating in the mind of the child proper management and coping mechanisms for dealing with the difficulties in life. These can mitigate a lot of life crisis such as trauma, abuse, death or accident during childhood which a good number of children experiences during the childhood life.

Parenting styles refers to the strategies and methods that parents use to raise train or discipline their ward so that they grow with requisite moral behaviour that is intendent with societal norms and values. parenting is one of the most challenging roles nurtures undertake in their lifetimes. Diana Baumrind is widely reckoned as the pioneer of general parenting styles and controls. - The authoritarian, authoritative and the permissive. Cherry (2015) points out that the psychologist Diana Baumrind during the early 1960s conducted a study via naturalistic observation and parenting interview the study revealed four important dimensions of parenting including expectations of adulthood and control, communication styles, nurturance and warmth and disciplinary strategies. Darling (1999) as cited by Sami'ullah (2016) postulates that there are four parenting styles including the indulgent, authoritative, authoritarian and uninvolved. This categorization is in accordance with their lowness or highnesses on parental responsiveness and demanding behaviour.

Conscious parenting style is under the umbrella of indulgent or what others called involving parenting in which parent participate and engage them self in monitoring the child activities. it came into being due to out-growing interest in alternative approaches to traditional parenting styles. Anna, (2024). It is a parenting style based on the bestselling book-The conscious Parents: Transforming, empowering our children by Shefali Tsabary (2010). Conscious parenting rests on three important principles which are

- a. Parenting Awareness
- b. Parenting Presence
- c. Emotional Regulation

In line with above parent are encouraged to manage their reaction, feelings, thought and behaviour, they are expected to become aware of their own triggers and pattern through which they react to the behaviour of their children, in essence conscious parenting is based on managing the parent's emotional intelligence in dealing with the children. Conscious parenting style seeks to cultivate a deep connection and mutual respect between parent and child, fostering an environment where the child feels safe, heard, and valued. It emphasised positive discipline, active listening, cooperation and emotional intelligence in children, it focuses on understanding and meeting the needs of the child while maintaining firm but gentle boundaries, with emphasise on parental mindfulness, self-awareness and self-reflection to the parenting journey the cardinal goals of nurturing according to

Siegel & Hartzel (2005) are strong, trusting and respectful relationship between parent and children. Katherine (2022) maintained that conscious parenting takes awareness, not only of your child, but of yourself. When we train ourselves to become aware of why we do things or react in a certain way, we can interrupt our patterns and choose a different response. We become better parent. And our children grow up to be better adults. Kathrine Against this assertion outlined five principles of conscious parenting styles as follows:

- a. See your kids as who they are: Human being -parents often forget that their kids have their own preferences and boundaries which might conflicts with the parents' ways of doing things parent should therefore try to understand this by trying to help children to grow and develop into the unique individual as they are.
- b. Listen with love: Parent should try to develop listening culture and skills
- c. While their children re talking to them, parents need to know that they learn a lot or if they pause and listen instead.
- d. Explain your reasoning: Often, even the older children, not understand the guidelines and boundaries you set for them at first, take time to explain why they cannot watch Tv at a particular time or pouring a milk on the Dad laptop.
- e. Be flexible: Your parenting styles. Should adjust to the unique needs of your child no other way around; understand that what works for one child will not necessarily. Work for another.

An insight into the above principles will really show us how important and efficient will consciously parenting style be in the instilling discipline and competency in the the children, bearing in mind that its high time to stop trying or making efforts to raise a clone of ourselves as parent by manage our emotion and understand that these children have preferences and boundaries which can make them better individual in the unique ways.

There are numeral studies that are carried out within and outside Nigeria on parenting style in relation to instilling discipline, competency and other aspects of child development. In a study conducted by Samiullah (2016) on influence of parenting style on children's behaviour, where data was collected via in depth interview schedule with two mothers of children with delinquents' behaviour through qualitative research design, it was revealed that parent who makes themselves presence (one of the principles of conscious parenting do have more time with their children which normally leads to or reduce the probability of developing delinquent behaviour. In another meta-analysis research in Cyprus by Farzan, Yagmur and Cise (2018) on empirical analysis on parenting styles It was reported that children of authoritarian parents that's parent that are not using conscious parenting style generally fends to display range of emotion or become emotionally in flexible because they are given few opportunities to express their thought and feelings at home. A study conducted in Cross Rivers by Kingsley, Mbua and Anokye (2018) on parenting styles and indiscipline behaviour on 7815 junior secondary school out of which 500 sampled who completed a questionnaire reported that indiscipline is common among students from autocratic and lesser fair parenting style and not common among the children from conscious parenting family this study employed an ex – post facto research design and the data was analysed via Anova. Another investigation carried out by Adeyeme,(2015) titled parenting styles and socio-emotional competence of pre school children in Abuja ,Nigeria the sample of the study was 100 parents of children from five schools in Abuja and 25 children of ages between 4 to 5 questionnaire was used to collect data from the sample where linear regression model was used to analyse socio -emotional

competence, the result revealed that the predominantly used parenting styles are the authoritative followed by authoritarian and permissive ; thus Conscious parenting is rarely employed the study also revealed that parenting style has significant relationship with socio emotional competence. Fakaye (2014) carried out a research on parenting style and primary school Pupils' Reading achievements in south western Nigeria, an ex post facto research design was deployed on 2400 population randomly selected from public primary schools out of which 1120 were Boys and 1280 girls, two instruments were used to collect data and the findings of the study revealed the most applied parenting style by parents are Authoritative, followed by uninvolved, permissive and authoritarians.

Statement of the problem

The study is set out to investigate the effect of Conscious Parenting style on discipline and competency among pre-primary school pupils in Kano Kumbotso Local education zone kano state Nigeria. Discipline and competency remain very important in determining the overall development of an individual, for this to be achieved the role of parent and their styles in instilling discipline and competency among the children need not be over emphasised. From the researchers' observation and some information obtained from literature the researcher discovered that most of the indiscipline and in competent behaviours displayed by pupils in the society are due to in effective poor parenting style which can leads to delinquent behaviour and in ability to of the pupils to stand on their own in life while faced with tasks. This study opines that conscious parenting style can help in instilling disciplines and competency among the pre-primary pupils.

The researcher observed that the literature on parenting style is mainly on the traditional parenting styles such as the Autocratic, the permissive and the Authoritarian, thus little attention had been accorded to the modern parenting style such gentle parenting and Conscious parenting style. In terms of application of parenting styles by the parent the researcher also inferred from previous studies and observations that must of the parent in the area under study do not practice the conscious parenting style in nurturing their ward, likely due to lack of knowledge about the conscious parenting style and its effectiveness in instilling disciplines and competency in children, hence the gap to fill by this study as it will increase the literature of parenting style

Objectives of the study

The study is set out to achieve the following objectives

1. To find out the extent to patent apply conscious parenting style to instil discipline among the pupils in kumbotso local education authority Kano.
2. To determine the extent to which parent apply conscious parenting style to foster competency in early childhood education pupils of Kumbotso Local Education Authority, Kano State.

Research Questions

In line with the above objectives the underlisted research questions were developed to guide the study:

1. To what extent does the parents apply conscious parenting style to instil discipline in early childhood Education Pupils in Kumbotso Local Education Authority?

2. To what extent do the parents apply conscious parenting style to foster competency in early childhood Education Pupils in Kumbotso Local Education Authority?

Methodology

The research design employed for this study is a descriptive survey, and the population of the study comprised of parent of the pupils who are ECCE11 in the public primary schools of Kano Municipal local government education authority, Kano state Nigeria. Whose number was 586. From this population a stratified random sampling technique was applied, and a total of 217 males and female parents were obtained in accordance with the research Advisor (2006) sample size table.

The Instrument used for data collection was a researcher developed questionnaires named as questionnaire for Assessment of Conscious parenting style (QACPS), which was developed with questions called items that follows a fixed scheme in order to collect data from individual. The scale was scored on a five Likert scale, weighted with numerical values as Strongly Agreed =5, Agreed =4, Undecided=3, Disagreed =2 and Strongly Disagreed=1. Weight values obtained from the chosen items by the respondents represents the individuals' total scores for the content validity of the instrument, it was established by experts from in psychology and test and easurement from Yusuf Maitama Sule university Kano and federal College of Education Kano respectively, while the reliability index was obtained via Cronbach Alpha at 0.76. The data collected from the respondents was analysed through descriptive statistics of means and standard deviation.

Results

The research questions formulated were answered as follows, using means and standard deviation

Research Question One:

To what extent do the parents apply Conscious parenting style to instil discipline in early childhood Education Pupils in Kumbotso Local Education Authority?

Table 1: Application of Conscious Parenting Style to instil discipline in ECCE Pupils

S/N	Items.	N	Mean	SD.	Decision
1.	I take my child wishes into consideration Before I ask him to do something	217	1.64	0.80	not adequate
2.	I encourage my child to talk freely (speak his mind) Even if he disagrees with me.	217	1.34	0.73	not adequate
3.	I have a warm and intimate time with my child	217	1.84	1.03	not adequate
4.	I punish my child by withdrawing emotional	217	1.59	0.03	not adequate

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5.	Expressions like kisses and cuddles I suppress my anger when my child misbehaves	217	1.39	0.69	not adequate
6.	I remind my child that I'm his parent he should Obey me.	217	0.36	0.78	Adequate mean less than 2.5
7.	I consider my child's preferences while taking Decisions.	217	1.38	0.75	Not adequate
	Mean average	217	2.01	-	Not adequate Apply

Source: Field work 2024

From the above table it is shown that the average score is less than the established benchmark of 2.50, that is 1.75. This shows that parent is not adequately applying Conscious Parenting to instil discipline in pupils of early childhood education of Kumbotso local Government education authority, Kano State Nigeria

Research Question Two:

To what extent do the parents apply conscious parenting style to foster competency in early childhood Education Pupils in Kumbotso Local Education Authority?

Table 2: Application of Conscious Parenting Style to foster Competency in ECCE Pupils

S/N.	Items.	N.	Mean.	SD	Decision
	I participate in solving my child problems	217	2.48	1.12	adequate
	I encourage my child to express confidence Develop self-caring and show responsibility.	217	1.61	0.89	Not adequate
	I guide my child to know the privacy of his body Is very important.	217	2.91	0.65	adequate
	I use to supervise my child while performing Basic skills.	217	2.31	1.01	Not adequate
	I guide my child not give personal information. To the people over the internet	217	1.45	0.85	Not adequate
	I encourage my child to take care of his belongings	217	1.70	0.87	Not adequate
	I advise my child to be independent in all activities	217	1.59	0.74	Not adequate
	Mean average	217	2.01	-	Not adequate

Source: Field work 2024

Table two above, provided data on the application of Conscious Parenting style to foster competency in Early Childhood Education Pupils of Kumbotso Local Government Education Authority Kano State Nigeria. It indicated that the average score is less than (2.50<2.01), depicting that Parent are not adequately applying Conscious parenting style to foster competency among the Early Childhood Pupils in Kumbotso Local Government Education Authority.

Discussions

The finding of the study with regards to research question one revealed that, Parent are not adequately applying Conscious parenting style to Foster competency among the Early Childhood Pupils in Kumbotso Local Government Education Authority Kano State Nigeria, this implies that level of instilling discipline will be very low among the early childhood Pupils in Kumbotso Local Government education authority considering the importance of Conscious parenting in this regards, this is in line with I meta-analysis research work conducted in Cyprus by Farzan, Yagmur and Cise (2018) on empirical analysis on parenting styles were it was reported that children of authoritarian parents that's parent that are not using conscious parenting style generally tends to display range of emotion or become emotionally in flexible because they are given few opportunities to express their thought and feelings at home.

A study conducted in Cross Rivers by Kingsley, Mbua and Anokye (2018) on parenting styles and indiscipline behaviour on 7815 junior secondary school out of which 500 sampled who completed a questionnaire reported that indiscipline is common among students from autocratic and lesser fair parenting style and not common among the children from conscious parenting family this study employed an ex – post facto research design and the data was analysed via Analysis of variance. Thus, the study buttressed that many parent go for autocratic and authoritarian parenting style rather than Conscious parenting style.

The second findings revealed that parent are not applying conscious parenting styles to foster competency among the Early Childhood Education Pupils in Kumbotso Local Government Education Authority Kano State Nigeria. This position ragreed with the study conducted by Adeyeme, (2015) revealed that the predominantly used parenting styles in the area of study are the authoritative followed by authoritarian and permissive; thus Conscious parenting is rarely employed, the study also revealed that parenting style has significant relationship with socio emotional competence. Another Study that lend support to the findings of this study was by Fakaye (2014) who carried out a research on parenting style and primary school Pupils' Reading achievements in south western Nigeria, an ex post facto research design was deployed on 2400 population randomly selected from public primary schools out of which 1120 were Boys and 1280 girls , two instruments were used to collect data and the findings of the study revealed the most applied parenting style by parents in the study area are Authoritative (mean 24.25) followed by uninvolved (mean 22.13), permissive(mean 11.58) and authoritarian (mean 16.49).

Conclusion

Based on the findings from the study, it is concluded that parent are not applying Conscious parenting style to instil discipline in Early Childhood Education in Pupils of Kumbotso Local Government Education Authority, Kano State Nigeria. The study also concluded that parent are

not applying Conscious parenting style to Foster competency in Early Childhood Education Pupils of Kumbotso Local Government Education Authority, Kano State, Nigeria.

Recommendations

1. In line with findings from the study, the study recommends that parent should be sensitised and educated on the needs to apply and make use of Conscious parenting style due to its numeral benefit. This can be achieved through or during Parent teachers' association meeting PTA.
2. Psychologists in Nigeria should put more write ups on modern parenting style such as Conscious parenting as against the huge concentrations of writings in the traditional parenting styles which dominated the literature in the area of parenting in Nigeria thereby making literature on the modern parenting style very scarce and inadequate.

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