

# The influence of parenting style on employment anxiety in vocational colleges in China: A case study of SX City

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**Abstract**—This study takes students from higher vocational colleges in SX City as the research object to study the relationship between parental parenting styles and employment anxiety. The study used the Parenting Style Scale and the Employment Anxiety Scale, and conducted a questionnaire survey on the research subjects, using four-point and five-point scales respectively for scoring. The results confirmed that both the father's and mother's parenting styles have a significant impact on employment anxiety, among which the father's and mother's parenting styles have varying degrees of impact on employment anxiety in different dimensions. The research conclusion states that parents should educate their children in a more reasonable and scientific way, or with warm educational techniques so that students in higher vocational colleges can have a better mental state to face the fierce competition. At the same time, negative education methods must be avoided in order to better build students' self-confidence and alleviate factors such as lack of confidence in anxiety. Finally, it is suggested that parents need to consider their children's ideas more and not impose their own hospitals on their children too much, and that higher vocational students should learn how to alleviate their friends' employment anxiety.

## 1. Introduce

With the change in education concept and industrial structure demand, as well as China's emphasis on vocational education, vocational students are provided with "preferential treatment" from different levels of society, but the problem of employment difficulties always exists, especially after the epidemic [1]. As students grow older, their minds mature, and their psychological construction becomes more and more perfect, they will realize the anxiety brought by practical problems such as graduating into society and the responsibilities they need to shoulder and support themselves[2]. Similarly, vocational college students' employment anxiety comes from the pressure of parents' expectations, the pressure of social demand and competition, and the pressure of self-requirements [3].

At different times, Chinese parents will have different ideas for educating their children, which will have an important impact on their children's future personality development and mental health[4]. Therefore, some scholars pointed out that according to a survey, more than 60% of parents are not scientific in the education of their children, and choose more strict or indulgent education methods, especially since strict education methods will repeatedly impose their parents' will on their children. Women have been under great psychological pressure in

the growth process, and pressure will cause other psychological reactions. Anxiety, inferiority, etc. [5], some parents will choose to allow their children to choose the career expected by their parents because of their own regrets about the career. In the employment factors of vocational college students, families play a very special and important role because of their special environment and ethical organizational structure [6]. Therefore, in order to solve the problem of anxiety caused by employment in higher vocational colleges, it is hoped that knowing the better parenting style adopted by parents can reduce employment anxiety when their children are employed and can provide some theoretical basis for family education and students' mental health-related issues.

According to the anxiety of students facing employment, as well as the current situation and problems of parents' parenting style for children, this study aims to understand the impact of a father's parenting style on students' employment anxiety. Objective The second is the degree of influence of a mother's parenting style on students' employment anxiety. Objective To solve the influence of different parenting styles on the employment anxiety of students in higher vocational colleges.

According to the above problem status motivation and purpose, the researcher consulted the relevant research and theoretical basis. The main theoretical basis is Piaget's Genetic Epistemology, which holds that the formation of

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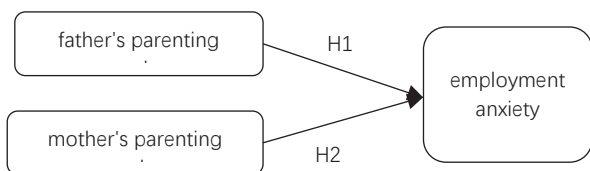
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the human mental state is caused by the stimulation of the external environment[7]. In other words, parents' parenting style is the stimulation of students' external environment, which has an impact on their anxiety. Some scholars also believe that parents' different educational styles will have an impact on students' social anxiety [8]. Albulescu, Labar, Manea & Stan[9] mentioned in their research on the parenting style that excessive emphasis on achievement in parental education will bring psychological pressure to children and thus form anxiety. Jiang, Luo, and Hu[10] mentioned in their research on the influencing factors of college students' employment anxiety that different occupations and educational levels of parents lead to different cognition of parents, which will have different degrees of influence on students' employment anxiety. In summary, it can be seen from the literature that the parenting style has an impact on different levels of anxiety.

## 2. Materials and Methods

### 2.1 Research structure and hypothesis

According to the content of the literature review and the proposed research hypothesis, this study takes paternal and maternal parenting styles as independent variables and employment anxiety as dependent variables, and establishes the following hypothesis model, as shown in Figure 1:



**Figure 1:** Research hypothesis architecture diagram

According to the research structure, the research hypothesis is proposed:

Hypothesis H1: The father's parenting style of students in higher vocational colleges has a significant impact on students' employment anxiety.

Hypothesis H2: The parenting style of mothers of students in higher vocational colleges has a significant impact on students' employment anxiety.

### 2.2 Research methods and objects

The questionnaire survey was adopted to collect the data for this study. The subjects of this study are three-year college students of all grades in vocational colleges in the SX region. Parents in this region attach great importance to their children's education, and the developed economy provides more employment opportunities and brings heavy employment pressure. The influence of each dimension is discussed. 279 questionnaires were issued in the prediction stage to test the reliability and validity of each scale. 630 formal questionnaires were issued.

### 2.3 Research Tools

In this study, a four-point scale was used for the parenting styles of parents and mothers, with scores of 1 to 4 representing never, occasionally, often, and always respectively. A five-point scale was used for employment anxiety, with scores of 1 to 5 representing very inconsistent, relatively inconsistent, uncertain, relatively consistent, and very consistent respectively. The questionnaire was scored as follows:

#### 2.3.1 Measurement of Parental Rearing Styles

The Simple Parenting Style Questionnaire (s-EMBU-C) is selected as a tool to measure the parenting style, which is a reference to Western scholar Arrindell, The Simplified Parenting Style Questionnaire (s-EMBU) of Aceindell, Sanavio and Aguilar [11] and the Parenting Style Evaluation Form (EMBU) of Yue Dongmei[12] were revised again and were tested again by Lu[13], Liu & Wang [14] and other scholars. The questionnaire was divided into two sections for fathers and mothers, each with 21 items, and was divided into three dimensions, namely rejection (6 items), emotional warmth (7 items), and overprotection (8 items).

#### 2.3.2 Measurement of employment anxiety

The maturity scale compiled by scholar Zhang[15] and tested many times was selected for the Questionnaire on Career Anxiety of College Graduates. Cao[16] obtained good reliability and validity when studying the employment anxiety of students in higher vocational colleges, and Zhou and Fang[17] also showed good reliability and validity when measuring the improved table. The questionnaire consists of 26 items and 4 dimensions. The dimensions were: competitive pressure (7 items), lack of employment support (8 items), lack of self-trust (6 items), and worry about employment prospects (5 items).

### 2.4 Analysis Method

Statistical software such as SPSS 22.0 and AMOS 20 were used for data analysis. The scale was tested by confirmatory factor analysis (CFA), and the factor load was used as a statistical index to verify the degree of fit of variables. Statistics include factor load and standard deviation. The indexes used to evaluate the fitness usually include  $\chi^2$ ,  $\chi^2/DF$ , GFI, RMR, RMSEA, AGFI, NFI, and CFI [18]. Cronbach's alpha coefficient and CR value were used to test the combined reliability of each dimension, and the mean-variance withdrawal (AVE) was used to test the convergence validity [19]. SPSS regression analysis was used to detect the influence between variables.

### 2.5 Reliability and validity test

AMOS confirmatory factor analysis showed that the load of each factor in the parenting style scale ranged from .757 to .870, all exceeding .5. The load of each factor in the maternal parenting style scale ranged from .753 to .892,

all exceeding .5. Each factor on the employment anxiety scale has a load of .713 to .852, which is more than .5.

Cronbach's alpha coefficients of the total amount of the father Parenting style scale and each dimension were .944, .920, .930, and .939, respectively, all of which met the requirement of 0.7 or more. The CR values were .921, .931, .939, and the AVE values were .660, .659, .657. The fit degree  $\chi^2=190.788$  ( $p$ -value was significant),  $\chi^2/DF=1.026$ , GFI=.999, RMR=.011, RMSEA=.008, AGFI=.970, NFI=.974, CFI=.999, all met the fit criteria and had good convergent validity. The correlation coefficient between each dimension is smaller than the square of AVE, and has good discrimination validity, as shown in Table 1. The paternal parenting style scale has good reliability and validity.

**Table 1** Simple form of discriminant validity test of father's parenting style

Dimensions	Correlation coefficient		
	rejection	emotional warmth	overprotective
rejection	.812		
emotional warmth	.497**	.812	
overprotective	.525**	.482**	.811

Note 1: \* $p < .05$ , \*\* $p < .01$ , \*\*\* $p < .001$

Note 2: The diagonal value is the square root of AVE

Source: This study collated

Cronbach's alpha coefficients of the total amount table and each dimension of the maternal parenting style scale were .932, .917, .924, and .929, respectively, all of which met the requirement of 0.7 or more. The CR values were .918, .925, .930, and the AVE values were .652, .638, .625. Fit  $\chi^2=197.979$  ( $p$ -value was significant),  $\chi^2/DF=1.064$ , GFI=.998, RMR=.012, RMSEA=.012, AGFI=.966, NFI=.970, CFI=.998, all met the fit criteria and had good convergent validity. The correlation coefficient between each dimension is smaller than the square of AVE, and has good discrimination validity, as shown in Table 2. Therefore, the maternal parenting style scale has good reliability and validity.

**Table 2** Simple form of discriminant validity test of mother's parenting style

Dimensions	Correlation coefficient		
	rejection	emotional warmth	overprotective
rejection	.807		
emotional warmth	.446**	.799	
overprotective	.399**	.430**	.791

Note 1: \* $p < .05$ , \*\* $p < .01$ , \*\*\* $p < .001$

Note 2: The diagonal value is the square root of AVE

Source: This study collated

Cronbach's alpha coefficients of the total employment anxiety scale and each dimension were .952, .935, .932, .919, and .917, respectively, all of which met the requirement of 0.7 or more. The CR values were .936, .933, .920, .919, and the AVE values were .676, .638, .660, .695. Fit  $\chi^2=381.573$  ( $p$ -value was significant),  $\chi^2/DF=1.302$ , GFI=.990, RMR=.010, RMSEA=.026, AGFI=.955, NFI=.959, CFI=.990, all reached the fit criteria and had good convergent validity. The correlation coefficient between each dimension is

smaller than the square of AVE, and has good discrimination validity, as shown in Table 3. Therefore, the employment anxiety scale has good reliability and validity.

**Table 3** Employment anxiety discriminant validity test form

Dimensions	Correlation coefficient			
	A	B	C	D
Competitive pressure (A)	.822			
Lack of employment support(B)	.507**	.799		
Lack of confidence(C)	.568**	.487**	.812	
Worried prospects(D)	.624**	.448**	.502**	.834

Note 1: \* $p < .05$ , \*\* $p < .01$ , \*\*\* $p < .001$

Note 2: The diagonal value is the square root of AVE

Source: This study collated

### 3. Results & Discussion

#### 3.1 Regression analysis of paternal parenting style on employment anxiety

Through collinearity analysis between each dimension of the parenting style scale of fathers and each dimension of employment anxiety, the tolerance is greater than .1, and the VIF value is less than 5, indicating that there is no collinearity between the variables and each dimension is independent.

To test the research hypothesis, it is established that there is a significant difference in the influence of the father's parenting style on employment anxiety of H1 vocational college students, and the "rejection" dimension of the father's parenting style has different degrees of influence on the three dimensions of "competitive pressure", "lack of confidence" and "worry about employment prospects" of employment anxiety. The "emotional warmth" dimension of the father's parenting style has a different influence on three dimensions of employment anxiety: "competitive pressure", "lack of employment support" and "worry about employment prospects". The "overprotection" dimension of the father's parenting style has an impact on the "insufficient confidence" dimension of employment anxiety, as shown in Table 4.

**Table 4** Summary table of analysis of the impact of father's parenting style on employment anxiety

X	Y	significance	tolerance	VIF
rejection	Competitive pressure	.000***	.641	1.559
	Lack of employment support	.249		
	Lack of confidence	.006**		
	Worried prospects	.006**		
emotional warmth	Competitive pressure	.022*	.699	1.432
	Lack of employment support	.028*		

	Lack of confidence	.611		
	Worried prospects	.019*		
overprotective	Competitive pressure	.251	.670	1.492
	Lack of employment support	.055		
	Lack of confidence	.031*		
	Worried prospects	.385		

Note: \*p<.05、 \*\*p<.01、 \*\*\*p<.001

In conclusion, H1: There is a significant difference in the influence of the father's parenting style on the employment anxiety of vocational college students.

### 3.2 Regression analysis of maternal parenting style on employment anxiety

To test the research hypothesis, it is established that there are significant differences in the influence of mothers' parenting styles on employment anxiety in H2 vocational colleges, and the "rejection" dimension of mothers' parenting styles has different degrees of influence on the four dimensions of employment anxiety. The "emotional warmth" dimension of a mother's educational style has no influence on the dimensions of employment anxiety. The "overprotection" dimension of a mother's parenting style has an impact on the two dimensions of "competitive pressure" and "worry about employment prospects" of employment anxiety, as shown in Table 5.

**Table 5** Summary table of analysis of the impact of maternal parenting style on employment anxiety

X	Y	significance	tolerance	VIF
rejection	Competitive pressure	.000***	.703	1.422
	Lack of employment support	.002**		
	Lack of confidence	.000***		
	Worried prospects	.006**		
emotional warmth	Competitive pressure	.094	.709	1.410
	Lack of employment support	.147		
	Lack of confidence	.070		
	Worried prospects	.266		
overprotective	Competitive pressure	.040*	.704	1.420
	Lack of employment support	.075		
	Lack of confidence	.923		
	Worried prospects	.011*		

Note: \*p<.05、 \*\*p<.01、 \*\*\*p<.001

In conclusion, H2: There is a significant difference in the influence of the mother's parenting style on the employment anxiety of vocational college students.

## 4. Conclusions and suggestions

### 4.1 Research Conclusion

Conclusion 1: All scales are generally applicable to college students of all grades in higher vocational colleges. With reference to the scale compiled by western scholars and revised and localized by Chinese scholars, the scale still has good reliability and validity so far. When students fill in the form, there is no situation that they cannot understand or answer, etc. The scale has high internal consistency and reliability, and each item can well reflect the content and meaning of variables and dimensions. Therefore, the s-EMBU-C and the job-choosing anxiety questionnaire of college graduates are generally applicable.

Conclusion 2: Paternal parenting style has different degrees of positive influence on employment anxiety, that is, the more obvious paternal parenting style will produce a more obvious reaction degree to employment anxiety. Among them, the dimensions of rejection and emotional warmth in the father's parenting style have no influence on the dimensions of lack of employment support and lack of self-trust respectively. Paternal overprotection only influenced low self-esteem. This conclusion completes the first objective of this study.

Conclusion 3: A Mother's parenting style has different degrees of positive influence on employment anxiety, that is, the more obvious the degree of a mother's parenting style will be more obvious the response degree to employment anxiety. The affective warmth dimension of a mother's parenting style has no effect on employment anxiety. The overprotective dimension of mothers was only affected by competitive pressure and concerns about job prospects. This conclusion completes the second purpose of this study.

### 4.2 Research Recommendations

According to the research results, the parenting style of parents can affect the psychological state of children such as employment anxiety, so the advice to parents and parents' self-learning becomes a particularly important link. Parents should establish the consciousness of scientific education and appropriately change the way of education. Parents should adopt a more scientific and reasonable parenting style and should constantly adjust the parenting style with the development of The Times and the needs of the current society. Children should be given more space, should not use the name "love" to restrict their thoughts and behaviors, should win the warm way, respect children's ideas.

Parents set up a correct employment view for their children and release their children's employment anxiety. Children's employment environment and parents' employment environment are at different times, parents cannot be guided by the past employment concept, but should combine the environment of The Times. Do not connect the scores with successful employment, do not connect the traditional "iron rice bowl" with successful employment, more is the need for a person's ability,

healthy body, abundant spirit, and healthy psychology, in order to alleviate the children's employment anxiety.

Vocational college students should pay more attention to their mental health. Those who need to know themselves should learn to check themselves often and adjust in time when they find problems. At the same time, when the parenting style of parents is unscientific or inappropriate, it is necessary to learn to effectively and appropriately communicate with parents. When the parenting style of parents cannot be changed, it is necessary to learn to adjust to their own state and use all reasonable and available resources, such as communicating with parents through surrounding relatives or parents' peers.

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