

Detrimental Power of Words: Impacts of Paternal and Maternal Verbal Aggression on Psychological Well-Being Among Psychology Students of PHINMA-University of Pangasinan

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Abstract

Parental verbal aggression has long been assumed to be detrimental in terms of parent-child relationships. However, little is known about how it affects the relationship with psychological well-being, the more specific thought on maternal and paternal verbal aggression, and more acknowledgment regarding the implication of aggressive words as injurious to children. The critical goal of the study was to investigate whether participants reporting experiences on their maternal and paternal verbal aggression impact their psychological well-being. Data for the analysis were from the college students of PHINMA- University of Pangasinan (n = 219). A purposive sampling method was employed to select participants. Results showed that high psychological well-being is not significant, with both paternal and maternal verbal aggression jointly affecting it. However, maternal verbal aggression is independently associated with lower psychological well-being.

Introduction

Verbal aggression is seen as a type of violence in some articles that is often underestimated because it does not have any direct, tangible effect. Nevertheless, it could have a tremendous association with the psychological health of young adults. Other scholarly papers defined verbal aggression as verbal assault, verbal abuse, psychic aggression, or intellectual violence, which was also characterized as whatever language or speech, either by force to torment an existent that could contemplate or resonate as a slighting, insulting, intimidating, or discourteous (Howells- Johnson, 2000). This includes the engagement of the highly increased value of parents toward verbal aggression directly to their young ones

and teenagers (Straus & Field, 2003). Nonetheless, the American Academy of Pediatrics (AAP) recently adopted a perspective of demoralizing abuse rhetorically to regulate parenting (Sege et al., 2018). It also emerged from aggravation and heightened emotional sensitivity, including these behaviors. Furthermore, this may include the following: yelling, crying, affronting, or verbal threats. However, the perspective line of view toward rhetorical aggression varies in motives, environment, styles of expression, and results. Teicher, Samson, Polcari, & McGreenery (2006) conducted a study to determine the relationship between children's exposure to parental verbal aggression and depression, anxiety, dissociation, and hostility. In line

with this, verbal aggression is both vital and current. However, some studies look at a viewpoint that is not sufficiently detailed to serve as conventional for defining verbal discipline, violence, or similar related generalities such as psychological harassment or mistreatment (Hutchinson & Mueller, 2008). Nevertheless, this study uses the conceptual descriptions of Cox (1987) and Farrell (2006). In contrast, verbal aggression is defined as a form of communication that can affect an individual psychologically (children, adult-human) or through cues, tonality, or language expression, regardless of whether affliction occurs. It also includes threats in the form of verbal, sports, openly antipathetic reflections, unjust persistent reviews, crying or screaming cuts, and more covert conduct similar to spreading hurtful rumors. In a study by Loh, Calleja, & Restubog (2011), verbally vituperative children concerning their following parents were more physically aggressive and asocial, thus including their experiences from interpersonal level of problems than those who were not.

Keyes (2006) identified three blocks of mental health: psychological, intellectual, and social well-being. Nevertheless, this study focuses on psychological well-being using the definition of Kahneman & Deaton (2010), who defined psychological well-being as a quality in an emotional manner on everyday exploits, either syntonetic or dystonic effects that make one's life affable or displeasing. Subsequently, characteristics that include a range of aggregated, integrated, and subjective passions, including harmonious and syntonetic affect (e.g., confidence, pleasurable, and calm) and dystonic affect (e.g., is not in the mood, stressed and aggressive), also define psychological well-being (Diener, Pressman, Hunter, & Delgadillo-Chase, 2017). There is a vast and vital importance for an individual's interpersonal psychological development and public health operations in line with promoting and advocating the significance of psychological well-being (Dolan & White, 2007; Steptoe, Deaton, & Stone, 2015). Multiple investigations have been conducted to determine the influence of 4 parenting on the well-being of teenagers. For instance, Niemiec et al. (2006) provide an exploratory viewpoint that parental

support influences teenagers' well-being. Nevertheless, Wimsatt et al. (2013) asserted that there is an association between parental (maternal) and positive affect. Furthermore, Liu, Liu, Wang, & Gao (2021) found that symptoms associated with depression were associated with poor monitoring-supervision, unstable and unsteady discipline, and corporal castigation concerning parents. Thus, this only supports that parents have a considerable association between their support on the interpersonal level and psychological well-being of adolescents not only by how they cherish the teenage year type on demonstrating a syntonetic adjustment and interpersonal commitment but also by modeling behaviors that (i.e., by being calm at some time of situation and demonstrating and illustrating resoluteness in the face of adversity, and by showing civility to others and commitment to work, by being engaged in valued exercise and social institutions (Bradley & Kao, 2011).

Verbal Aggression in Children and Adolescents

Parental verbal aggression has long been assumed in terms of parent-child relationships as detrimental or injurious to children, especially to their psychological, mental, physical, and emotional well-being. To interpret this, Mckee et al. (2007), in a research study of 2,582 parents consisting of their fifth and sixth grade children, found that severe rhetorical disciplining, which includes verbal screaming or shouting, appears more developed and ought to be seen for both parents who are maternal and paternal than the use of physical punishment. In contrast, from a college student population of 5,616, it was found that perceived verbal abuse can lead to factors such as irritability (Yun, Shim, & Jeong, 2019). Therefore, parents are essential for creating an emotional terrain and impacting child development. As parents become the primary nature or source of parenthood toward children, their emotional bonds become a commodity to be associated with. According to Rinaldi & Howe (2012) and Braza et al. (2015), the parenthood way of expressing their behavior on young children's inner and overt problems has been extensively cited in some studies. Rahim (2020) reiterated that in a household, the core and state of emotion of both the nurturers toward their

children and the method of instructing emotional regulation could greatly affect the confirmation and level of the future outcomes of their character. In another study by Vissing, Straus, Gelles, & Harrop (1991), children who endured both rhetorical aggression and severe brutality on a physical level displayed the lowest rates of associated problems, such as aggression, which is related to personal and social contexts. As mentioned before in their former study, it is apparent that children's relationship with their parents is thick, and the way their communication, i.e., verbal aggression, takes place might take effect as an outgrowth of different interpersonal conflicts and similar, especially to the development and progress of their unborn personality. As they mature, they frequently learn from their parents' conduct, mirroring behaviors and reverberating cerebral dynamics within their homes (Lau, Marsee, Lapré, Halmos, 2016). This means that parents are most likely to have an important crucial aspect of children's progression, especially when they walk toward their unborn trip, and their vital part is a commodity that may reflect or affect children's gestures, well and other similar things that may affect them as a whole.

A previous study by Morimoto & Sharma (2004) examined the issues regarding the extended period or lifespan that verbal aggression associated with maternal aggression, including many of the outcomes that could affect other factors, indicated an association between verbal aggression and negative issues. The former study only supports that the maternal way of chastising the child through verbal aggression not only takes place as a short-term effect but also as a lasting marker that may produce an outgrowth that can negatively impact well-being. Moore & Pepler (2006) found that maternal verbal aggression, particularly insults, was predictive of children's adjustment, particularly in children from violent homes. According to Aloia (2019), parental verbal aggressiveness was adversely inclined toward well-being, but support regarding and associated with family and orientation positively affected well-being. Finally, Clarke et al. (2007) showed that psychological aggression experienced by the mother may affect children's overt issues, with the link partially mediated by maternal problems. Thus,

LeRoy, Mahoney, Boxer, Gullan, & Fang (2014) also noted that the frequency of problems associated with parents' verbal aggression has interactive effects on adolescent problems in terms of overt actions. This is most likely due to a combination of variables, including parental verbal aggressiveness, which may create a stressful and hostile home environment, harm children's self-esteem, and impede their capacity to form healthy connections. Later, parent-child ties remain throughout one's life, and continuing a relationship with a parent who abuses them may harm the cerebral well-being of adult victims. Thus, it was also seen that there is a mischievous effect on the individual, either a child or an adult, on their internal well-being regarding verbal abuse, and this also supports the idea that it can affect a long period (Wright, Crawford, & Del Castillo, 2009). According to Indrayati & Livana (2019), children tend to have a self-centered stance, intransigence, and insurgence against their mothers' way of discipline with the need to obtain liberty and manage to mark the question of development. Given certain events, this will leave parents perceiving that their children must manage delicately and purposely or unintentionally abuse children verbally. This type of parenting can be incredibly damaging to children's psychological well-being. Victims of verbal abuse have been reported to experience feelings of low confidence, which hinders interest and futuristic plans (Howells-Johnson, 2000). Polcari, Rabi, Bolger, & Teicher (2014) have suggested that verbal aggression from parents can negatively affect psychiatric symptoms. Morimoto & Sharma (2004) highlighted the importance of protective factors, such as family cohesion, in mitigating the impact of verbal aggression. Batool & Bond (2014) investigated the effect of parents' behavior on their children as something associated with emotions and levels of aggression. Alma Azarian, Abedi, (2016) discovered a link between parental hostility and depression in high school adolescents. Overall, these studies indicate that greater levels of parental verbal aggressiveness may be linked to worse well-being. Thus, the findings of Polcari et al. (2014) highlight that there are many corresponding independent causes and outcomes of rhetorical aggression affection in a verbal manner, and they have suggested that the latter

could be a vital need in an emotional way to exhibit a foundation but also on the physical well-being of an individual.

Although parental verbal aggression can occur in any culture, there are differences in how it is viewed and responded to in Western and Eastern cultures. According to Lansford (2013), circumstances associated with the cultural context may have a crucial influence on the behavior of acts of violence in parents disciplining their children since cultural norms may either condone or condemn aggression. Hart, Nelson, Robinson, Olsen, & McNeilly Choque (1998) investigated the association between parents' parenting style and levels of child aggression in a Russian sample, discovering that parental concerns with interpersonal or intrapersonal issues are associated with children's overt and relational violence. Liu et al. (2011) examined Chinese culture and discovered that both dads' and mothers' levels of psychological aggression may be passed down across generations. Furthermore, the study shows that the father's psychological aggressiveness may buffer the intergenerational transfer of the mother's psychological aggression. On a neighboring country, in Thailand, in rural areas of Thailand, physical and verbal abuse are accepted as child discipline strategies due to the strong influence of religious beliefs and social norms. However, it's now illegal and there's a growing movement towards positive parenting methods. (Rerkswattavorn & Chanprasertpinyo, 2019) These studies demonstrate that parental verbal aggressiveness is influenced by cultural settings, with differences identified between Western and Eastern culture. In the Philippines, it can also be evident that parental attitudes concerning child-rearing are thought to be more authoritarian rather than progressive (Alampay & Jocson, 2011). However, one example is that parents commenting negatively a study as an effective way to firm a hand on children or as a way to discipline (Mahmud, Andi Agustang, Adam, & Obie, 2020). Thus, it sets in motion being yelled at by parents, likely leading to insults and being told that one might be useless or foolish (Yun et al., 2019). However, steadily and continuously doing this action can harm children's perception of certain things (Kim, Yoo, Park, Kim, Shin, & Jeong, 2019). In a study conducted by

Esteban (2005), 48% of 294 college students experienced verbal abuse a maximum of three times per week, 34% experienced being verbally abused once a week, while 18% shown in the study were nonabused (either once a month or continuously never). Verbal and other psychological abuses that include humiliation, steady and continuous scolding, and nagging were among those forms of abuse described in another study on street teenagers in Davao City (Deriquito, 2003). Notably, this mistreatment was frequently used as a form of parental discipline. Authoritarian attitudes prioritize parental authority conformity; progressive attitudes promote active, self-determining children's expression and assertiveness. However, despite that notion, they can also vary from one another depending socioeconomic status, age, or even gender, i.e., paternal and maternal parenting. In addition, the study has been outdated since it was conducted several years ago, but this only shows how verbal aggression is rampant in the Philippines. According to Ramiro, Madrid, Norton-Staal, Cajayon-Uy, & Luna. (2022), it was found that Filipino children, on an 80% basis, experience any form of violence, especially those associated with interpersonal context; this explains that psychological violence is also included vying a part on the 80%. Similarly, Wolfe & McIsaac (2011) suggest that abusive practices such as harsh scolding and verbal abuse may affect children's identity and how their notions of positive social relationships could hinder their ability to manage emotion. Moreover, it is very clearly evident how militant, antagonistic, and belligerent nurture of parents is considered by many health professionals, and in the field of legality as maladaptive and abusive, that it can also damage emotions and conflicts with the undivided attention of the child (Government of Ontario, 2004). Vélez et al. (2016) stated that parents are central figures in numerous lives and are a source of strength, guidance, and support in times of need. This vital part that parents hold in their children's lives extends to colorful confines, including their verbal relations. Therefore, the impacts of parental communication, both paternal and motherly or to generalize the parents, extend beyond these simple gestures of exchanging words; they can impact the

psychological well-being of those involved (Lau et al., 2016). Weber & Anderson (1997) focused specifically on maternal verbal aggression. This study investigated an outcome in which individuals who experienced verbal aggression associated with the mother on a more extreme level reported lower levels of relationship solidarity and perceived the interpersonal factors as unsupportive. Thus, Polcari et al. (2014) examined the outcomes of parental verbal aggression and affection during childhood. It was found that verbal aggression was predominantly linked with symptoms associated with psychiatric levels, while verbal affection was primarily associated with measures of well-being. In a meta-analysis, Kawabata, Alink, Tseng, Van IJzendoorn, & Crick. (2011) discovered that negative/harsh parenting, including verbal aggression, was positively associated with relational violence in children and adolescents. The existing research suggests that paternal and maternal verbal aggression is associated with lower levels of psychological well-being, such as relationship quality, emotional support, and overall well-being. Other follow-up studies have indicated how aggressive maternal and paternal parenthood behaviors have been shown to affect emotional problems in children (Eisenberg et al., 2001). This only means that precedent disquisitions believe an association exists between paternal and motherly parenthood behaviors regarding psychological well-being. Regarding socialization processes, parents act as caretakers and role models for children (Vanassche, Sodermans, Matthijs, & Swicegood, 2013). This is entirely apparent since parents are known to be our primary caretakers who brought us into this world. Consequently, verbally abused children have a tendency to imitate their parents because they suppose that it is "normal" and ultimately will lead them to transfer their aggressive sensibilities toward the people who surround them (Imey, Arisanti, & Kiromi, 2023); that is why it is an essential aspect of how parents raise their children because it will shape their intelligence as they grow up. Additionally, there are some studies with discrepancies in results, as the related review of the literature shows that the association with lack of psychological capacities, such as emotional

capacities, in children has something to do with maternal parenting (Glasheen, Richardson, & Fabio, 2009; Verrocchio, 2016), whereas symptoms about a distressing and gloomy event that contributes to pessimistic emotional and behavioral issues in children have something to do with paternal parenting (Weitzman, Rosenthal, & Liu, 2011). Other studies have also stressed that children, particularly adolescents, have a different warranting type of emotional closeness or attachment to their fathers more closely and experience more defined communication (McCann-Erickson, 2006; Parrenas, 2006). This means that parents in either maternal or paternal aspects differ from one another in terms of their bond with their children. For instance, in the Philippines, several studies, such as McCann-Erickson (2006), have examined how Filipino children were more open to communicating with their maternal parents than their paternal parents. Liwag, Cruz, a& Macapagal (1998) established a study that suggests that children may vary in how they develop their perspectives and behavior, specifically those who are raised within their parents' discrimination sexual orientation prospects, resulting in resemblance with what society indicates as unfeminine or ladylike. It is vital and indeed essential for researching the role of gender in parent-child relationships since this factor mainly proves its internal operations that would not be pointed out otherwise, mainly if both paternal and maternal factors are significantly examined (Chang, Schwartz, Dodge, & McBride-Chang, 2003).

While previous research has explored the impact of parental behavior on children's well-being, there is a gap in knowledge regarding the independent implications of maternal and paternal verbal aggression on psychological well-being in young adults. Most existing studies focus on physical punishment or psychiatric symptoms in children, not the specific impact of verbal aggression on university students' mental health. Psychology students, due to the nature of their studies, are often highly attuned to the impact of their upbringing on their mental well-being. There's a possibility that these students at PHINMA-University of Pangasinan, specifically, have experienced a high level of parental verbal aggression. However, no prior research has explored

this topic within the university. This study aims to bridge this gap by examining the impacts between paternal and maternal verbal aggression and the psychological well-being of PHINMA's psychology students. This investigation will offer valuable insights into the unique experiences of this population and the potential magnitude of the problem within the university.

Therefore, the very goal of this investigation is to fill the gap regarding the literature to further explore psychological well-being; thus, little is known about whether maternal and paternal factors both or independently affect psychological well-being, and most studies have solely focused on physical punishments, psychiatric symptoms, emotional regulation and levels of aggression. However, limitations such as the small sample size can limit the generalizability of the findings. Thus, the study has been limited by time constraints, which have prevented the researchers from collecting data in areas that are much more relevant for this study and was only limited by funding constraints, which prevented it from conducting a larger or more complex study. Several limitations of the study that were also considered in the study were the lack of data on male participants, which makes the results of the study unfeasible. Despite these limitations, this study could be salutary not only in the Philippine context but also to other future researchers to contribute to this further exploration. By looking at verbal aggression and its impact on young adults, this research can help inform interventions and parenting methods aimed at improving mental health outcomes for young people. The present study was designed to investigate and measure the relationship between paternal and maternal verbal aggression on psychological well-being in the following aspects:

1. Is there a significant association between paternal verbal aggression and psychological well-being?
2. Is there a significant association between maternal verbal aggression and psychological well-being?
3. Does paternal and maternal verbal aggression influence psychological well-being?
4. Does paternal verbal aggression influence psychological well-being?
5. Does maternal verbal aggression influence psychological well-being?

Methods

Research Design

This study is a quantitative type, meaning that the study had use numeric values that are quantifiable and measurable. Hence, the study utilized a cross-sectional research design to gather data through original version of questionnaires. Thus, it is less time-consuming than other types of research and inexpensive.

Participants

The following data for this study came from college students of Bachelor of Science (B.S.) in Psychology of PHINMA - University of Pangasinan located at Dagupan City, Pangasinan. A sample of 219 students was collected in this study, and the sample size was computed through a Raosoft Calculator with a 5% margin of error and 95% confidence level. Moreover, the purposive sampling technique was used to select the sample; this technique's objective will concentrate on participants with particular characteristics that will be finer to assist the relevant research (Etikan, Musa, & Alkassim, 2016). Eligibility of inclusion of the study was applied through the following criteria based on the characteristics of the sample data: a) the participant had received or experienced verbal aggression toward his/her mother/maternal figure or b) had received or experienced either to his father/paternal figure. Respondents who did not meet the eligibility criteria were excluded from the study, and the data gathered from participants who did not meet the eligibility criteria were considered invalid and were not included in the counting of the final collected data. Exclusion criteria were employed for those who were not receiving verbal abuse from their parents, specifically from their mothers and fathers. Furthermore, 5 participants were excluded. To appreciate the time and involvement of the participants, snacks was given after the data collection as a simple gesture of cherishing the participants' cooperation and participation.

Instruments

Briere & Runtz's (1988) is a self-report evaluation of childhood experiences of adults in terms of psychological abuse, neglect, and support based on psychological coming from their parents. The

psychological maltreatment scale of parental verbal aggression has 7 items. This scale was created based on logical and intuitive approach. With an alpha coefficient for paternal verbal aggression of $\alpha = 0.936$ and for maternal verbal aggression of $\alpha = 0.916$, the psychological abuse measures of this instrument are internally consistent for judgments of both mother and paternal caregivers. This measure was specifically designed to allow researchers and, eventually, clinicians to evaluate significant issues that are presently unaddressed by obtainable instruments: the varying degree and differential presence of childhood psychological abuse, when considered concurrently, the role and prevalence of maternal versus paternal psychological maltreatment, the parents are predictors of psychological maltreatment and the role and prevalence of maternal versus paternal psychological maltreatment. Interpretation for this was based on Briere & Runtz (1988), interpretations include 0= never, 1= once, 2= twice, 3= 3-5 times, 4= 6-10 times, 5= 11-20 times, and 6= more than 20 times. Psychological Well-Being (Ryff & Keyes, 1995) 42 item version - The PWBS-42 has 42 items and 6 subscales: Autonomy (e.g., "I have confidence in my opinions, even if they are contrary to the consensus"); Environmental Mastery (e.g., "In general, I feel I am in charge of the situation in which I live"); Personal Growth (e.g., "I think it is important to have new experiences that challenge how you think about yourself and the world"); Positive Relations With Others (e.g., "People would describe me as a giving person, willing to share my time with others"); Purpose in Life (e.g., "Some people wander through life, but I am not one of them"); and Self-acceptance (e.g., "When I look at the story of my life, I am pleased with how things have turned out"). PWB-42 has internal consistency reliability coefficients; autonomy; $\alpha = 0.622$, environmental; $\alpha = 0.607$, personal; $\alpha = 0.644$, positive relationship; $\alpha = 0.622$, purpose in life; $\alpha = 0.470$, self-acceptance; $\alpha = 0.653$. Its interpretation indicates that higher total scores indicate higher psychological well-being (Ryff & Keyes, 1995). In terms of scoring the scale, 1 = strongly agree; 2 = somewhat agree; 3 = a little agree; 4 = neither agree or disagree; 5 = a little

disagree; 6 = somewhat disagree; 7 = strongly disagree

Data collection was implemented, the study was carefully considered for approval by the Dean of the College of Allied Health and Sciences for Level 2 Psychology Students and the Dean of the College of Arts and Sciences for Level 1 Psychology Students. Followed by an ethical procedures to collect information relevant to the study. Regarding the ethical concerns that must be followed, informed consent was obtained before implementation to protect study participants' rights, improve research validity, and maintain scientific or academic integrity. Thus, steps were taken to secure the data collected from the participants. This includes encrypting the data and storing it in a secure location. Confidentiality of each participant's answer were also carefully considered and steps were also taken.

To ensure the results, the data collected in the study were encoded into MS Excel and other platforms, such as JAMOWI and SPSS. Moreover, MS Excel was the significant prior option for the final summary of results. Multiple regression analysis was the most appropriate statistical analysis to assess the specific finding that this study wanted to determine based on its research questions. Thus, it enabled the study to empirically understand numerous predictor variables while avoiding depending entirely on one variable. Another benefit of multiple regression analysis is that it would permit this study to formulate possible hypotheses further. In addition, the analysis was also intended to investigate the relationship between predictors, paternal and maternal verbal aggression, and the outcome variable: psychological well-being.

Results

This section (Table 1) shows the information collected by the researcher from the 219 psychology students of PHINMA-University of Pangasinan. The mean age of the participants was $M = 18.5$ ($SD = 0.80$). Most participants were females ($n = 185$; 84%) compared with males ($n = 34$; 16%).

Table 1: Demographic Profile (n=219)

	n	%	Mean ± SD
Male	34	16	18.5 ± 0.80
Female	185	84	18.5 ± 0.80

Table 2 shows the correlations among all variables used in the regression analyses. Specifically, it represents the correlations among paternal verbal

aggression, maternal verbal aggression, and psychological well-being.

Table 2: Variable Correlations, Mean Scores, and Standard Deviations

	Psychological well being	Paternal verbal aggression	Maternal verbal aggression	M ± SD
Psychological well being	1			188.71 ± 26.49
Paternal verbal aggression	0.125	1		12.70 ± 11.96
Maternal verbal aggression	-0.003	0.351	1	14.74 ± 11.91

* $p < 0.05$

Table 3 shows the regression among all variables used in the analyses. Specifically, it represents the regression among variables of paternal verbal

aggression and maternal verbal aggression and psychological well-being.

Table 3: Results of Multiple Linear Regression Analysis with Simultaneous Entry

Variables	95% CI				β	p
	Beta	SE	LL	UL		
Paternal Verbal Aggression	0.32	0.16	0.004	0.633	0.32	0.046
Maternal Verbal Aggression	-0.12	0.16	-0.435	0.196	-0.12	0.456

$r < 0.05$

Discussion

Paternal verbal aggression had a significantly weak positive correlation with high psychological well-being ($r = 0.125$), which indicates that as paternal verbal aggression increases, there is also an increase in high psychological well-being. However, based on the correlation, maternal verbal aggression indicates a significant negative correlation with high psychological well-being ($r = -0.003$), indicating that as there is an increase in maternal verbal aggression,

there is a decrease in high psychological well-being. The results further discuss and highlight that while high psychological well-being is not significantly impacted by paternal and maternal verbal aggression together, maternal verbal aggression is independently associated with lower psychological well-being. Based on the regression analysis addressing paternal verbal aggression, $\beta = 0.32$, $p < 0.05$; $SE = 0.16$ and maternal verbal aggression; $\beta = -0.12$, $p = \text{not significant (n.s.)}$; $SE = 0.16$.

Multiple regression analysis was used to determine whether paternal and maternal verbal aggression influences psychological well-being. The results show that paternal and maternal verbal aggression accounts for 1.8% of the variance in psychological well-being $F(2,216) = 1.997, p = 0.138$. It was found in this study that neither paternal nor maternal verbal aggression is not statistically significant for high psychological well-being based on the study sample. The samples of this study generated an $M = 188.71$ for psychological well-being, indicating an interpretation that overall scores are “above average”. However, addressing them independently, it was found that maternal verbal aggression; $\beta = -0.12, p = \text{not significant (n.s.)}$ to high psychological well-being.

An unexpected finding in this study was the weak positive correlation between paternal verbal aggression and psychological well-being. This could be due, in part, to the different roles fathers play in children's lives compared to mothers, as suggested by research on attachment styles (McCann-Erickson, 2006; Parrenas, 2006). Perhaps fathers in this context use a more directive communication style that some students perceive differently than maternal communication. Additionally, cultural factors might influence how verbal aggression is perceived and how it affects well-being. Future research that explores these possibilities and considers cultural contexts is warranted. The negative association between maternal verbal aggression and psychological well-being aligns with previous research (Moore & Pepler, 2006; Weber & Anderson, 1997). Thus it is consistent that the different emotional bonds children have with mothers and fathers (McCann-Erickson, 2006; Parrenas, 2006) might be linked to brain development and how children process emotions from different caregivers. The negative association between maternal verbal aggression and psychological well-being aligns with findings by Moore & Pepler (2005) who showed that maternal verbal aggression, particularly harsh or insulting communication, can be detrimental to children's psychological adjustment. This supports the idea that negative communication styles from mothers can have lasting negative effects on children's well-being, even into young adulthood.

Maddoux et al. (2015) found that high levels of maternal abuse can negatively affect a child's psychological functioning. This finding suggests a potential link between maternal verbal aggression and mental health problems in young adults. The study by Weber & Anderson (1997) is also relevant as it found that maternal verbal aggression is linked to lower relationship quality. This supports the notion that negative communication from mothers can have a lasting negative impact on an individual's ability to form healthy relationships.

Discussion

Based on the study's findings, while high psychological well-being is not significantly impacted by paternal and maternal verbal aggression together, maternal verbal aggression is independently associated with lower psychological well-being. It also suggests that paternal verbal aggression and maternal verbal aggression play pivotal roles in psychological well-being. This study has addressed a critical gap in the literature regarding the lack of studies focusing on maternal and paternal verbal aggression among individuals, specifically young adults or children who experience verbal aggression in said individuals, influencing their psychological well-being. Among studies such as parental physical punishment, qualitative studies, and general thoughts about parental behaviors, relatively small studies looked at and acknowledged the detrimental power of words and the specific general thoughts about verbally aggressive parents. The present study investigated the independent and combined impacts of paternal and maternal verbal aggression on the psychological well-being of university students. While neither form of aggression had a statistically significant impact overall, maternal verbal aggression showed a weak negative correlation with well-being, suggesting a potential detrimental impact. This aligns with prior research highlighting the stronger influence of mothers on children's emotional development. These findings contribute to the field of psychology by emphasizing the need to differentiate between maternal and paternal verbal aggression when examining their impact on

psychological well-being in young adults. Practically, the results suggest that interventions aimed at improving communication within families and reducing parental verbal aggression, particularly by mothers, could be beneficial for promoting the psychological well-being of young adults. In real-world settings, these findings could inform interventions aimed at improving communication within families and reducing the use of verbal aggression by parents.

Recommendations

Future research must understand how parental verbal aggression affects different groups, such as those from different socioeconomic backgrounds, students from different ethnic and racial groups, and those with different mental health conditions. It is also recommended that further exploration explore paternal and maternal verbal aggression in different cultural contexts depending on cultural norms and values. Thus, future research could consider using a longitudinal design, which would allow tracking of the effects of paternal and maternal verbal aggression on children's psychological well-being over time. Thus, future research could use other data analyses depending upon the question they want to explore, most specifically mediation analysis, to examine the mediating mechanisms between paternal and maternal verbal aggression and children's psychological well-being by examining whether paternal and maternal verbal aggression leads to children's psychological well-being through changes in self-esteem, self-efficacy, or coping skills. In addition, future research could investigate the moderating role of other factors, such as child temperament or social support. Future research could also use a mixed-methods approach, allowing future investigations to collect quantitative and qualitative data. The quantitative data could be used to test the hypotheses. In contrast, the qualitative data could provide more in-depth information about the experiences of children exposed to paternal and maternal verbal aggression. Future research could also explore more through causation to investigate the effects. Lastly, future research can also consider using

a more extensive study to generalize the results and may contain a more specific comparison with other study in the similar or different culture perspective or neurobiological aspect.

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