



Parental attitudes of fathers and daughters' self-esteem and stress management style in the period of early adulthood

Postawy rodzicielskie ojców a samoocena i styl radzenia sobie ze stresem córek w okresie wczesnej dorosłości¹

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Abstract: The article addresses the issues of parental attitudes of fathers, as assessed in retrospect by their daughters, currently in the period of early adulthood, in the context of the women's self-esteem and stress management style. The aim of the research was to examine to what extent parental attitudes of fathers are correlated with the self-esteem of their adult daughters and the way in which they cope with difficult and stressful situations. It was assumed that fathers' attitudes related to autonomy and acceptance are positively correlated with a higher level of overall self-esteem and all its components, as well as with a more effective, task-based stress management style. On the other hand, negative attitudes, including rejection, over-protective, excessively demanding attitude and inconsistency, were assumed to be correlated with a lower level of overall self-esteem and all its components, as well as less effective, emotional and avoidance-based coping style in stressful situations. The study group comprised 100 women in their early adulthood.

Keywords: Daughters' self-esteem, daughters' stress management style, parental attitudes of fathers

Abstrakt: Artykuł podejmuje problematykę postaw rodzicielskich ojców w retrospektywnej ocenie ich córek znajdujących się w okresie wczesnej dorosłości w związku z ich samooceną i stylem radzenia sobie w sytuacjach stresowych. Celem przeprowadzonych badań było sprawdzenie, jak postawy rodzicielskie ojców w retrospektywnej ocenie ich córek wiążą się z samooceną dorosłych kobiet oraz na to, w jaki sposób podchodzą one do sytuacji trudnych, stresowych i jak sobie z nimi radzą. Założono, że postawy ojców związane z autonomią i akceptacją będą wiązać się z wyższym poziomem samooceny ogólnej jak i wszystkich jej komponentów oraz skutecznym stylem radzenia sobie ze stresem - stylem zadaniowym. Natomiast postawy nacechowane negatywnie, czyli odrzucenie, nadmierne ochranianie, nadmierne wymaganie i niekonsekwencja będą powiązane z niższym poziomem samooceny ogólnej i jej wszystkich komponentów, jak i mniej skutecznymi stylami radzenia sobie w sytuacjach stresowych - emocjonalnym i unikowym. Badaniem objęto 100 kobiet w okresie wczesnej dorosłości.

Słowa kluczowe: Postawy rodzicielskie ojców, radzenie sobie ze stresem córek, samoocena córek

Introduction

According to Sławomir Tykarski (2015, p. 393), daughters "need a father to grow up knowing that they are loved by the very first man in their life. Fatherly love is a signal to them that they can also be loved by other people and makes them learn what kind of love and respect they should expect from others." Fathers play diverse role in their daughters' lives, by influencing moral, intellectual, emotional

or gender-related spheres of development, as well as the process of socialisation, which has an impact on their adulthood (ibidem).

Psychological research and the literature on the subject presents different findings as to the correlation between parental attitudes of fathers and children's functioning in adult life (cf. Fecenec, 2008; Sabaj-Sidur, 2018; Wałęcka-Matyja, 2019). The research

¹ Artykuł w języku polskim: <https://www.stowarzyszeniefidesetratio.pl/fer/2023-1Wery.pdf>

conducted by the author of this paper verified this discrepancy in the results obtained, corroborating the positive correlation and the importance of the parental attitudes of fathers for their daughters self-esteem and stress management style in early adulthood.

1. Father's figure

According to Josh McDowell and Norm Wakefield (1993, pp. 20-23), a father is, "someone present every day, whose presence makes one happy. He is the first person one runs to in distress, a kind of familiar and safe haven for a child to take refuge in from danger. He is a close friend, a joyful companion and a support in difficulties." The authors emphasise the role of the father as a guide and advisor for the child and a person to be relied on, a person who shows the child the true picture of the world. He is close to the child and inspires trust (McDowell, Wakefield, 1993).

When describing the concept of father and fatherhood, Wioletta Ośkiewicz (2012) draws attention to the biological, spiritual and legal aspects. The biological aspect is related to the blood ties formed through the union between a man and a woman and children born from such a union. The spiritual aspect of fatherhood is reflected in the personal outlook on man. In turn, from a legal point of view, the father is the man who holds legal parental custody over the child (ibidem).

In addition to the aforementioned three aspects of fatherhood, Tomasz Sosnowski (2014) also adds the pedagogical aspect. This aspect is related to the father's participation in childcare, as well as in the whole process of upbringing, providing economic security and preparing the child for participation in culture. It is also related to the relationship between father on the one hand and child and mother on the other in the process of upbringing. The author emphasises that preferably these relations should be based on interaction (ibidem).

Tatiana Senko (2018) argues that fatherhood is based in particular on a spiritual bond. The father-child relationship is mutually beneficial. The father should ensure the development of all family members. The author emphasises that the mother

and the father have equally important roles in the family, complementing each other and influencing the development of the child's personality (ibidem).

Anna Więclawska (2020, p. 8) compares the role of the father to a person who holds "the fate of the world in his hands". The author points out that if the father is missing in the child's life or someone else tries to replace him, "a gap will open up that cannot be filled. A permanent crack will appear in the personality of the child. The lack of a good father is a significant factor in numerous social pathologies." The author compares fatherhood to a mission, a vocation worthy of respect (Więclawska, 2020).

The father's figure is shaped by the fact of being a male and through his relationship with his spouse (Senko, 2018). Psychology emphasises the importance of good relationship and bonding between spouses in order for them to be good parents and to provide the sense of security, as well as ensure proper psychological and social development of their children (ibidem). A study conducted by Małgorzata Weryszko (2022) showed the relationship between the style of parental care exercised by fathers and the quality of their marital relationship. Based on the results, the author identified three groups of fathers: poor, average and good, whose low, average or high paternal involvement was associated with low, average or high marital satisfaction, respectively (ibidem).

1.1. The modern father

Over time, the involvement of fathers in raising children has undergone significant changes (Olcoń-Kubicka, 2009). A few decades ago, fathers used to be more passive, absent, and their involvement in raising children was mainly about being someone to be feared by the children when they did something wrong. Interactions between fathers and children were based on distance, respect for elders, rules and discipline. Nowadays, fathers are more actively involved in raising children, devoting more time to them. Parents and children also have a closer and more horizontal relationship (ibidem).

Nowadays, when families have both traditional, modern and postmodern features (Biernat, 2014), the role of the father in the family needs to be re-

defined (cf. Weryszko, 2021). Given rising female labour force participation and women's ambition to be equal partners for men (both at work and private life), there is a growing need for an equal distribution of childcare-related responsibilities between spouses.

M. Olcoń- Kubicka (2009), when describing the portrait of the modern father, argues that securing livelihood remains the primary function of the father, but what is also expected of him is being a dad to the child. The father's main responsibilities include participating in the preparations for childbirth, taking care of the newborn's hygiene, playing with older children, through which he builds his relationship with them, as well as participating in discussions and decisions related to parenting. The father does not take the place of the mother, but joins her in the child-rearing process (ibidem).

Katarzyna Zielińska- Król (2013) points out a number of changes in the society, especially since the middle of the twentieth century, in particular with regard to the concepts of fatherhood and motherhood. The author emphasises that these changes are often referred to as a crisis. However, fatherhood should not be considered as undergoing a crisis, but being in the process of a revolution, which was the basis for coining the term new fatherhood. The "new" father is expected to be affectionate, respond to the child's developmental needs and have no problem with establishing a relationship with the child, while at the same time taking care of household chores and finding time for own passions, instead of being a patriarchal father (ibidem).

Such a transformation of the father's role is expected to result in greater appreciation of the father's role and participation in family life, while at the same time giving the father satisfaction from his relationship with his child. Research shows that the support and recognition of the father's role by the child's mother is important for the father's involvement in parenting (Fagan, Cherson, 2017; Yan et al, 2018; Gallegos et al, 2019). It may also result from the father's greater maturity and awareness of his own role in the child's life (cf. Dakowicz, 2014; Adamsons, Pasley, 2016).

1.2. Fatherhood in the context of the relationship with daughters

According to Joanna Grochal and Beata Przyborowska (2000, p. 63), "positive relations between the child and father are a necessary condition for the child's gradual achievement of social maturity". The authors emphasise the father's presence in the family life as perceived by the child, as well as his active participation in the parenting process. Maria Braun-Gałkowska (2008) points out that through the presence of the father the child naturally learns to function as part of a social group. "Being a father is about placing the child from the very beginning in a proper social context putting greater demand on contact with others compared to contact with just one loving person" (ibidem, p. 180).

Showing a good example of a father's and mother's love—which is the most important thing that parents can give their children—has a huge impact on their upbringing. A. Więclawska (2020) points out that children imitate those role models with respect to which they feel the strongest emotional connection. These are parental role models through which they learn how to behave, how to show love, and how to differentiate between values and make judgements. Through the role model of their mothers, girls are prepared to become future wives. In turn, through the role model of their fathers, they develop a sense of responsibility, internalise norms and values, acquire emotional stability and a good adaptation to life (ibidem). As K. Pospiszyl (2007) observes, the father's figure influences the child's identification with his or her gender and exhibiting gender-related behaviour. Another aspect affected by parental attitude is morality. In girls, a high degree of resistance to temptations is correlated with the desire to conform to the high demands placed by the father (Sears, Rau and Alpert, 1965; after: Pospiszyl, 2007). Moral feelings develop particularly well when the father's attitude is characterised by tenderness and gentleness (Hoffman, 1971; after: Pospiszyl, 2007). The use of corporal punishment is not conducive to the formation of emotional morality. K. Pospiszyl (2007) points out that the father also affects the mental development of the child, by influencing both the child's need for achievements and school performance.

When describing the importance the father's figure plays in daughters' upbringing, T. Senko (2018) observes that fathers who provide support and encouragement to their daughters will have an impact on their successful career and a happy relationship in adult life. According to T. Senko (2018), the bond between the father and the daughter can be very strong, even stronger than the bond with the mother. However, it is not spontaneously formed, but rather needs to be developed. The father is the very first man that the girl has contact with, he is a role model for her and a point of reference with regard to her future relationships with men, as well as her choices or world-view. In a way, the daughter imitates her father's behaviour, for example his ability to judge events without excessive emotional involvement. The father shapes her intellectual, social and emotional development. The author highlights a positive correlation between the daughter's appreciation of her father and her future mental health (*ibidem*).

Barbara Goulter and Joan Mininger (1994; after: Pospiszyl, 2007) identify several archetypes of the father-daughter relationship: the absent father—the longing daughter, the daughter as a victim of father abuse, the pampering father—the spoiled daughter, the persistent mentor—the listening daughter, the unlucky father—the protective daughter and the suffering father—the abusive daughter.

Contemporary psychological practice and literature on the subject also identify good, committed fathers (cf. Braun-Gałkowska, 2008; Weryszko, 2021).

The research by Adrian Kurcbart's (2011) demonstrates that women have a different image of the father than men. These differences were related to the examined cognitive representations of the father. In the case of women, the image of the father was made up of significantly larger amount of content and had a more elaborate structure. Women also tended to be considerably more satisfied with the image of the father than men.

1.3. Parental attitudes

One can identify five parental attitudes describing the relationship between parent and child. These include acceptance/rejection, autonomy, inconsistency, overprotective and excessively demanding attitude (Plopa, 2008).

The first one is related to unconditional acceptance of the child as a person. The atmosphere in the family is conducive to a free exchange of feelings. Parents convey an attitude of trust in the world and people by displaying spontaneous, open, accepting behaviour towards the child. Being with the father provides a sense of security, support and is generally enjoyable for the child. The father is sensitive to the problems but also to the aspirations of the child. As an adult, the child is convinced that the father derived satisfaction from spending time with him or her during childhood and adolescence. In retrospect, the child assesses the father as supportive, having authority, but without being imposing (*ibidem*).

In turn, an attitude of rejection is associated with the child's lack of a sense of acceptance. The relationship with the father is assessed as cold and lacking in communication. The father does not give the child an opportunity to open up or to talk about his or her problems. The relationship is characterised by distance and communicating with the child with a sense of superiority. The father is reluctant to get emotionally close, and shows no desire to understand the child's needs. The relations are quite instrumental. The child's material needs are satisfied. As an adult, the child assesses that the fact of having a child seemed irrelevant to the father (*ibidem*).

Another type of attitude is an excessively demanding father, who requires absolute compliance from the child. The parent orders the child what to do and not to do, as well as uses punishments, which hinders the process of becoming independent. As an adolescent, the child has no opportunity to participate in the decision-making process, the father's opinion is always considered best and objections are not tolerated. The father does not take the child's abilities when making decisions, and when the child fails to meet the father's expectations, he or she is criticised and treated condescendingly. As an adult, the child remembers the father as unapproachable and cold, but not necessarily unloving, as he or she is convinced that all the father wanted was for the child to become successful (*ibidem*).

An attitude of autonomy is about understanding that children need greater autonomy with age. Such an attitude is characterised by tolerance for

mistakes. The father allows the child to solve problems and make own decision according to the level of the child's development. He respects the child's need for privacy, to keep secrets or to participate in the decision-making process on various issues. The father does not impose his view on the child, including during arguments, rather encouraging reflection. He is supportive, open to the child's opinions, and shows tolerance in relation to the way of spending free time and making new friends by the child. The father tends to be more categorical when the child's behaviour does not fit into the standards accepted in the family (ibidem).

An inconsistent attitude is displayed by fathers who are irritable, have mood swings, and are inconsistent in their feelings, opinions and decisions. The father's feelings are reflected in the family relations. When the father shows acceptance or involvement in the child's life, he is often irritated, shouts and uses punishment. As an adult, the child tends to assess the father as loving, but unable to ensure a calm atmosphere. This may lead to the child's withdrawal, even when the father is in a good mood. Children develop a defence strategy against such a father. They seek support and closeness outside the family, or enter into a coalition with the other parent (ibidem).

Fathers displaying an over-protective attitude interfere too much in the child's life. This is manifested by the father's desire to know everything about the child and giving advice on every issue. The father feels the need to look after the child, because he is convinced that the child will not be able to cope on his or her own without his help. Excessive concern for the child's future hinders development of the child's identity. This unconscious behaviour of the father is a source of conflict, emotional distancing, withdrawal and rebellion of the child (ibidem).

1.4. The father's figure and daughters' self-esteem

The father's involvement plays a significant role in the shaping of the daughter's self-esteem and academic development. Fathers who take an interest in and actively participate in their daughters' lives can improve their self-esteem and help them achieve great academic results (Zia, Malik, Ali, 2015).

Marta Luber (2021) describes the relationship between the father and the daughter, which is characterised by acceptance and love, as one that allows the daughter to form an objective self-perception, devoid of complexes. A daughter who is accepted and understood by her father, who loves his child and uses constructive criticism, enters her adult life with a healthy image of herself and sense of worth.

Research results emphasise the importance of the role of parents, especially fathers, with respect to the level of body dissatisfaction and the development of maladaptive eating patterns in daughters (Steinhilber, Rey, Harkins, 2020). Women with higher self-esteem who receive psychological support tended to have greater satisfaction with their bodies. In addition, women with higher self-esteem and embracing feminist values were also less likely to develop maladaptive eating patterns. The latter was also positively correlated with family conflicts. Analyses showed that women who were dissatisfied with their bodies and who were at a greater risk of developing eating disorders were less likely to mention their father's support in their narratives related to father-daughter communication. Analysis of the data obtained from such narratives revealed that fathers play a key role in promoting daughter empowerment, egalitarian gender role socialisation and psychological well-being (ibidem).

Based on her own research results, Katarzyna Wałęcka-Matyja (2019) concludes that women who negatively evaluate their fathers' parental attitudes in their childhood have lower mean scores in terms of self-esteem (both overall and specific) compared to women with positive evaluation of this aspect. These women achieved lower scores on the scale of self-control, sense of being loved, defensive self-enhancement, popularity, self-acceptance and identity integration. Fathers displaying an attitude of autonomy and acceptance had an impact on their daughters' higher overall self-esteem, competence, moral self-acceptance, popularity and identity integration (ibidem).

1.5. The father's figure and stress management style

When describing the family in terms of the stress factor, Waldemar Świętochowski (2005) compares the

concept of the family to a system. The functioning of the family is affected by all its components, subsystems, interactions and boundaries. The decisive element in this system are the parents, who determine the family's patterns of adaptation to stressful situations.

It can, therefore, be assumed that parents have an impact on how well their children can manage stress. With it comes to the father's figure, Rebeckah L. Coley (1998) argues that children can cope better in stressful situations if accompanied by their fathers. The analysis of stress management styles in a retrospective assessment of mothers' and fathers' parental attitudes found that excessively demanding, over-protective attitude, as well as inconsistency hinders the development of task-oriented stress management style in their daughters (Plopa, 2008), as compared to the attitude of acceptance and autonomy, which promotes it (*ibidem*).

Jennifer Byrd-Craven, Brandon J. Auer, Douglas A. Granger and Amber Massey (2012) found that father-daughter interactions can potentially influence both social cognition and hypothalamic-pituitary-adrenal (HPA) axis reactivity (cortisol secretion) to developmentally relevant stressors in young women. Their research showed that well-structured father-daughter relationship characterised by warmth, autonomy and support can programme the HPA axis to respond moderately to life stressors throughout the whole period of development and even into adulthood. It may also influence social cognition, so that when discussing social problems with acquaintances, the woman will be less likely to focus on parts of the problem that are unpredictable or beyond her control and may trigger a strong HPA response. The opposite is true for father-daughter relationship characterised by rejection, chaos and coercion. Such a father may contribute to emotional and cognitive dysregulation in the daughter's later life. When discussing social problems with peers, they will focus on uncontrollable aspects, generating a strong HPA response and cortisol release (*ibidem*).

2. Methods

The research described in this paper was conducted using questionnaires completed by the respondents online via the Google website. The methods used

included the Questionnaire on Retrospective Assessment of Parental Attitudes (KPR-Roc), the Coping Inventory for Stressful Situations (CISS) and the Multidimensional Self-Esteem Inventory (MSEI).

The study group comprised 100 women who volunteered to take part in an anonymous online survey, conducted in the form of an online questionnaire shared on a social networking site, so all the subjects were also Facebook users. The respondents were in the period of early adulthood, defined by Barbara Harwas-Napierała and Janusz Trempała (2000) as the age from 20-23 to 35-40.

3. Research results

3.1. Parental attitudes of fathers in retrospective assessment of their daughters and the daughters' self-esteem

The first aspect presented were the correlations between fathers' positive parental attitudes in their daughters' retrospective assessment and the daughters' self-esteem in early adulthood (Table 1), which turned out to be positive and statistically significant. The attitude of acceptance was positively correlated with self-esteem in terms of such aspects as competence, being loved, popularity, leadership skills, self-control, physical attractiveness, vitality and identity integration. The attitude of autonomy was, in turn, positively correlated with self-esteem in the aspects of being loved, popularity, leadership skills, self-control, moral self-acceptance and vitality. In addition, the correlations between autonomy and overall self-esteem, competence assessment, identity integration and defensive self-enhancement were close to statistical significance. The strongest of the correlations discussed was between the attitude of acceptance and self-esteem in terms of being loved.

Table 2 shows the correlations between retrospectively assessed negative parenting attitudes of fathers, including excessively demanding and overprotective attitude, as well as inconsistency on the one hand and their daughters' self-esteem in early adulthood on the other, which turned out to be negative and statistically significant. The excessively demanding attitude was

Table 1. Correlations between positive parental attitudes of fathers and daughters' self-esteem

Self-esteem	Retrospective assessment of father's attitude			
	Acceptance-rejection		Autonomy	
	rho	p	rho	p
Overall self-esteem	0.134	0.182	0.192	0.056
Competence	0.223	0.026*	0.191	0.057
Being loved	0.400	<0.001***	0.361	<0.001***
Popularity	0.253	0.011*	0.218	0.029*
Leadership skills	0.243	0.015*	0.200	0.046*
Self-control	0.324	0.001**	0.294	0.003**
Moral self-esteem	0.145	0.151	0.199	0.047*
Physical attractiveness	0.248	0.013*	0.143	0.155
Vitality	0.366	<0.001***	0.316	0.001**
Identity integration	0.225	0.025*	0.174	0.084
Defensive self-enhancement	0.153	0.129	0.191	0.057

rho-Spearman's rho correlation coefficient, p-significance of Spearman's rho correlation coefficient, *p<0.05, **p<0.01, ***p<0.001

negatively correlated with overall self-esteem and self-esteem in terms of such aspects as being loved, self-control, moral self-acceptance, vitality, identity integration and defensive self-enhancement. In turn, inconsistency was negatively correlated with overall self-esteem and self-esteem in terms of such aspects as competence, being loved, popularity, self-control, moral self-acceptance, vitality, identity integration and defensive self-enhancement. The over-protective attitude was positively correlated with self-control. In addition, the negative correlations between excessively demanding attitude and self-esteem in terms of popularity and between inconsistency and self-esteem in terms of physical attractiveness were close to statistical significance, as were positive correlations between over-protective attitude and self-esteem in terms of leadership skills. The strongest correlation discussed (negative) was between inconsistency and self-esteem in terms of defensive self-enhancement.

3.2. Parental attitudes of fathers and daughters' stress management styles

Table 3 shows the correlations between retrospectively assessed positive parenting attitudes of fathers and their daughters' stress management styles in early adulthood.

Table 2. Correlations between retrospectively assessed negative parental attitudes of fathers and their adult daughters' self-esteem

Self-esteem	Retrospective assessment of father's attitude					
	Excessively demanding attitude		Inconsistency		Over-protective attitude	
	rho	p	rho	p	rho	p
Overall self-esteem	-0.268	0.007**	-0.361	<0.001***	-0.106	0.294
Competence	-0.135	0.180	-0.277	0.005**	0.049	0.628
Being loved	-0.298	0.003**	-0.344	<0.001***	0.117	0.247
Popularity	-0.194	0.053	-0.225	0.024*	0.041	0.688
Leadership skills	-0.002	0.986	-0.108	0.284	0.183	0.068
Self-control	-0.218	0.029*	-0.350	<0.001***	0.232	0.020*
Moral self-esteem	-0.275	0.006**	-0.365	<0.001***	-0.096	0.342
Physical attractiveness	-0.046	0.652	-0.183	0.068	0.108	0.283
Vitality	-0.249	0.012*	-0.361	<0.001***	0.132	0.190
Identity integration	-0.208	0.038*	-0.279	0.005**	0.067	0.511
Defensive self-enhancement	-0.241	0.016*	-0.384	<0.001***	0.026	0.795

rho-Spearman's rho correlation coefficient, p-significance of Spearman's rho correlation coefficient, *p<0.05, **p<0.01, ***p<0.001

Table 3. Correlations positive parental attitudes of fathers and their daughters' stress management styles

Stress management style	Father's attitude			
	Acceptance-rejection		Autonomy	
	rho	p	rho	p
Task-based style	0.254	0.011*	0.253	0.011*
Emotional style	-0.192	0.056	-0.177	0.078
Avoidance-based style	0.219	0.028*	0.218	0.029*
Engaging in substitute activities	-0.058	0.567	-0.002	0.983
Seeking social contacts	0.329	0.001**	0.266	0.007**

rho-Spearman's rho correlation coefficient, p-significance of Spearman's rho correlation coefficient, *p<0.05, **p<0.01, ***p<0.001

Spearman's rho correlation coefficient showed statistically significant positive correlations between fathers' positive attitudes on the one hand and task- and avoidance-based stress management styles (especially in terms of social contact seeking) on the other. In addition, the negative correlation between acceptance and autonomy on the one hand and emotional stress management style was close to statistical significance. The attitude of acceptance and autonomy was positively correlated with the task- and avoidance-based stress management style and social contact seeking. The strongest of the correlations discussed was between the attitude of acceptance and social contact seeking. The attitudes of acceptance

and autonomy, on the other hand, did not correlate with an emotional stress management style and with engaging in substitute activities.

Table 4 shows the correlations between retrospectively assessed negative parenting attitudes of fathers, including excessively demanding and over-protective attitude, as well as inconsistency on the one hand and their daughters' stress management styles in early adulthood on the other.

Spearman's rho correlation coefficient showed statistically significant positive correlations between the negative attitudes of fathers (excessively demanding and inconsistent) and emotional stress management style, as well as between over-protective attitude and avoidance-based stress management style. In addition, the positive correlation between inconsistency and engaging in substitute activities, as well as between over-protective attitude and seeking social contact, were found to be close to statistical significance. The strongest of the correlations discussed was between inconsistency and emotional stress management style.

4. Discussion

The results obtained allowed to corroborate the hypothesis that parental attitudes of fathers have an impact on their daughters' self-esteem and stress management style in early adulthood. Daughters' assessment of their fathers' parental attitudes as either positive—including acceptance and autonomy, or negative—including rejection, inconsistency, over-pro-

Table 4. Correlations negative parental attitudes of fathers and their daughters' stress management styles

Stress management style	Retrospective assessment of father's attitude					
	Excessively demanding attitude		Inconsistency		Over-protective attitude	
	rho	p	rho	p	rho	p
Task-based style	-0.089	0.379	-0.162	0.108	0.112	0.269
Emotional style	0.288	0.004**	0.364	<0.001***	0.005	0.963
Avoidance-based style	-0.073	0.473	0.013	0.899	0.198	0.048*
Engaging in substitute activities	0.089	0.380	0.182	0.070	0.095	0.347
Seeking social contacts	-0.162	0.107	-0.154	0.126	0.197	0.050

rho-Spearman's rho correlation coefficient, p-significance of Spearman's rho correlation coefficient, *p<0.05, **p<0.01, ***p<0.001

protective and excessively demanding attitude, affected their stress management styles, as well as individual components of self-esteem in early adulthood.

Research by M. Plopa (2008) found that fathers' excessively demanding, over-protective attitudes and inconsistency hindered the development of task-based stress management style in their daughters. The research results presented in this paper showed no such correlations. However, positive correlations were found between acceptance and autonomy and task-based stress management style. Although not uniform, the results allow to conclude that a task-based stress management style is more likely to be adopted by women who describe their fathers' parental attitudes as characterised by acceptance and autonomy, while such a positive correlation is not observed in women who assess their fathers as over-protective, excessively demanding, inconsistent and rejecting.

The research also found additional correlations between positive attitudes of fathers and their daughters' avoidance-based stress management style and social contact seeking behaviours. This may be explained by the fact that a woman who describes her father as accepting, remembers him as the one who taught her to trust the world and people (Plopa, 2008). On the other hand, a woman who assesses her father's attitude as characterised by autonomy remembers him as the person helping her in difficult situations by providing support and showing different alternative solutions and their consequences, without imposing his own opinion (ibidem). This leads to the assumption that such women may seek social contacts when they are faced with stressful situations, as their father's attitude taught them to trust other people and count on their advice and support. On the other hand, women who experienced rejection from their father are unlikely to resort to an avoidance-based stress management style. Such an attitude was an indication that the father was not trying to understand their position and was reluctant to listening to their problems and getting emotionally close (ibidem). Such experiences may have an impact on the daughters' adult lives in terms of their stress management style. Another difference in the results of the research was the positive correlation between inconsistency, over-protective and excessively demanding attitude of fathers and

an emotion-based stress management style of their daughters. The inconsistent attitude was typical of irritable fathers, who were prone to having mood swings and were unable to keep a calm atmosphere at home. The over-protective attitude, on the other hand, was typical of highly emotional fathers, fearful of their daughters' safety, and resulted in the daughters becoming convinced that they were not able to cope on their own. The excessively demanding attitude was typical of fathers, who were sometimes arrogant, critical and displayed punitive attitude towards their daughters (ibidem). What is common to all these attitudes is the fact that showing difficult, intense emotions by fathers likely affected the adoption of emotional stress management style by their daughters. The last aspect with respect to which differences were noted was the correlation between the over-protective attitude and the avoidance-based stress management style. A father displaying this attitude tended to excessively interfere with the child's life, always imposing his advice (ibidem), which presumably may be why the daughter was likely to adopt an avoidance-based stress management style in adulthood, as she was used to having her problems solved by other people rather than herself, focusing instead on substitute activities.

The results obtained by Melanie H. Maller, Susan T. Charles, Shevaun D. Neupert and David M. Almeida (2010) from a survey conducted over the telephone on a group of 912 individuals, aged 25 to 74 years, show a correlation between positive assessment of one's childhood relationship with the father and a less emotional response to stressful everyday situations in adulthood. Such a correlation was corroborated in the male group, whereas it was not found in the female group. This is also confirmed by the results of M. Plopa's (2008) research and the research presented in this paper, showing that there is no correlation between an emotional stress management style and positive parental attitudes of the father in the retrospective assessment of the daughter.

The research did show multiple, positive, statistically significant correlations between the positive retrospective assessment of the father's parental attitudes and the various aspects of the daughters' self-esteem. It was found that the stronger the attitude

of acceptance, the higher the self-esteem in terms of such aspects as competence, being loved, popularity, leadership skills, self-control, physical attractiveness, vitality and identity integration. In contrast, the stronger the attitude of rejection, the lower the scores on the above-mentioned self-esteem scales. It was found that the stronger the attitude of autonomy the higher the self-esteem in the aspects of being loved, popularity, leadership skills, self-control, moral self-acceptance and vitality. In addition, the correlations between autonomy and overall self-esteem, competence assessment, identity integration and defensive self-enhancement were close to statistical significance. The strongest of the correlations discussed was between the attitude of acceptance and self-esteem in terms of being loved. Multiple, negative, statistically significant correlations were also found between negative retrospective assessment of the father's parental attitudes (excessively demanding, inconsistent and over-protective) and various components of the daughter's self-esteem. It was found that the stronger the excessively demanding attitude, the lower the overall self-esteem and self-esteem in terms of such aspects as being loved, self-control, moral self-acceptance, vitality, identity integration and defensive self-enhancement. The stronger the attitude of inconsistency, the lower the overall self-esteem and self-esteem in terms of such aspects as competence, being loved, popularity, self-control, moral self-acceptance, vitality, identity integration and defensive self-enhancement. In turn, the stronger the over-protective attitude, the higher the self-control. In addition, the negative correlations between excessively demanding attitude and self-esteem in terms of popularity and between inconsistency and self-esteem in terms of physical attractiveness were close to statistical significance, as were positive correlations between over-protective attitude and self-esteem in terms of leadership skills. The strongest correlation discussed (negative) was between inconsistency, and self-esteem in terms of defensive self-enhancement.

As observed by Marcin Domurat (no date; after: Fecenec, 2008) the retrospective assessment of the father's parental attitude was not correlated with the child's self-esteem in adult life, in contrast to

the assessment of the mother's attitude, which did show such a correlation. Nevertheless, research by K. Wałęcka-Matya (2019) presents different results, refuting the aforementioned finding concerning the absence of such a relationship. The author indicates that negative retrospective assessment of the father's attitude is associated with lower scores on the scales of self-esteem, self-control, sense of being loved, defensive self-enhancement, popularity, self-acceptance and identity integration in women in early adulthood. Fathers displaying an attitude of autonomy and acceptance have an impact on their daughters' higher overall self-esteem, competence, moral self-acceptance, popularity and identity integration (ibidem). The results presented in this paper are largely consistent with those mentioned above. The strongest positive correlation for the attitude of acceptance was related to the aspect of being loved and vitality, while for the attitude of autonomy—it was the aspect of being loved. Being loved is described as the sense of receiving social support, feeling loved and accepted, as well as having the ability to express one's feelings, show warmth to others and maintain close relationship with another person (Fecenec, 2008). This aspect is related to the attitude of acceptance, as such kind of a father accepts his children unconditionally, provides support, as well as encourages them to express their feelings (Plopa, 2008), which makes them feel loved. A father who gives his children a great deal of autonomy provides them with significant support and understands their needs, which likely leads to a greater sense of social support as an important component of being loved. Vitality is meant as the sense of being healthy and in good physical shape, as well as being full of vigour (Fecenec, 2008). The attitude of acceptance concerns all of the children's characteristics, both positive and negative (Plopa, 2008), also in terms of physical aspects, which may lead to their subsequent higher self-esteem in this regard.

In terms of negative attitudes, the strongest negative correlations were shown between inconsistency on the part of the father and the daughter's overall self-esteem, sense of being loved, self-control, vitality and defensive self-enhancement. The attitude of inconsistency is related to unpredictability, irritability

and lack of composure of the parent. It leads to the child withdrawing into himself or herself and adopting such stress management styles as seeking support outside the family or entering into coalitions with the other parent (ibidem). As the results of the research presented in this paper showed, it was this attitude that was the strongest factor in the daughters' low self-esteem in terms of various aspects. Jan Szalanski (1989 after: Sabaj-Sidur, 2018) writes that individuals who have experienced conflicting messages and behaviours through inconsistent parenting were the most likely to display self-esteem instability. Self-esteem stability is affected by complete and accurate knowledge of oneself and a clearly defined and attainable ideal of oneself. Individuals also take into account the opinions of others about themselves, as well as information about the consequences of their actions. In a situation of uncertainty as to their self-worth, people tend to turn defensive and their self-esteem is compromised (ibidem).

Conclusion

The conducted research on the correlation between retrospective assessments of parental attitudes of fathers and their daughters' self-esteem in early adulthood showed a number of significant correlations. It was found that the stronger the father's attitude of acceptance, the higher the daughter's self-esteem in her adult life in terms of such aspects as competence, being loved, popularity, leadership skills, self-control, physical attractiveness, vitality and identity integration. In contrast, the stronger the attitude of rejection, the lower the scores on the above-mentioned self-esteem scales. It was found that the stronger the attitude of autonomy the higher the self-esteem in the aspects of being loved, popularity, leadership skills, self-control, moral self-acceptance and vitality. The correlations between autonomy and overall self-esteem, competence assessment, identity integration and defensive self-enhancement were close to statistical significance. It turned out that the stronger the excessively demanding attitude, the lower the overall self-esteem and self-esteem in terms of

such aspects as being loved, self-control, moral self-acceptance, vitality, identity integration and defensive self-enhancement. In turn, the stronger the attitude of inconsistency, the lower the overall self-esteem and self-esteem in terms of such aspects as competence, being loved, popularity, self-control, moral self-acceptance, vitality, identity integration and defensive self-enhancement. The stronger the over-protective attitude, the higher the self-control. In addition, the negative correlations between excessively demanding attitude and self-esteem in terms of popularity and between inconsistency and self-esteem in terms of physical attractiveness turned out to be close to statistical significance. In addition, positive, close to statistically significant correlations were found between over-protective attitude and self-esteem in terms of leadership skills. The strongest of the positive correlations discussed related to self-esteem was between the attitude of acceptance and self-esteem in terms of being loved. In turn, the strongest negative correlation was between the attitude of inconsistency and self-esteem in the dimension of defensive self-enhancement.

The research also revealed significant correlations between retrospective assessment of parental attitudes of fathers and their daughters' stress management style in early adulthood. It turned out that the stronger the father's attitude of acceptance and autonomy, the more likely the daughter was to adopt a task-based stress management style or avoidance-based style combined with seeking social contacts. In contrast, the stronger the attitude of rejection, the less likely the daughter was to adopt to aforementioned stress management styles, in favour of an emotional one (results close to statistical significance). Positive correlations were also obtained between inconsistency, over-protective and excessively demanding attitude of fathers and the emotional and avoidance-based stress management style. The strongest of these correlations were between the attitude of acceptance and social contact seeking, as well as between inconsistency and emotional stress management style.

The findings presented in this paper allow to broaden knowledge in the field of psychology about fathers' influence on selected aspects of their daugh-

ters' psychological functioning later in life. They indicate that fathers' parental attitudes have lasting consequences for their daughters not only during childhood and adolescence, but also in adulthood.

It is worth to use this knowledge in the areas of family psychology, systemic family therapy, as well as in working with people with low self-esteem or ineffective stress management styles.

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