2026

NIGERIAN JOURNAL OF SOCIAL PSYCHOLOGY

Editor-in-Chief
Prof. S.O. Adebayo
Managing Editor
Prof. B.E. Nwankwo

Intimate Partner Violence and Parents' Dysfunctional Discipline Styles: Moderating Role of Emotional Regulation among Working Women in Alimosho, Lagos

*Akintola, Aderonke A.
Hasheem, Oludamisi O.
Department Of Psychology,
Redeemer's University, Ede, Osun State, Nigeria.
*Corresponding author's email: *akintolaade@run.edu.ng*

Abstract

This research examined the factors of intimate partner violence as a predictor of dysfunctional parental discipline among working women in the Alimosho Local Government Area of Lagos State, Nigeria and also tested the moderating effect of emotional regulation. The cross-sectional correlational survey design was chosen, and the data were collected among the 235 working women chosen using multistage sampling in four Local Community Development Areas. The IPV, emotional regulation and dysfunctional styles of discipline were assessed using standardized measures. The descriptive statistics, correlation analysis, multiple regression, moderation analysis (PROCESS Model 1), one-way ANOVA, and independent t-tests were used to analyze the data. Intimate partner violence (IPV) did not substantially predict overall dysfunctional discipline approaches, according to regression models (F(3,231) = 2.48, p >.05, R² =.03). However, IPV was a significant predictor of three dimensions: hostility (F(3,231) = 3.59, p <.01, R² =.05), laxness (F(3,231) = 5.71, p <.01, R² =.07), and overreactivity (F(3,231) = 6.12, p <.01, R² =.07). Dysfunctional discipline was strongly predicted by emotional regulation (F(2,232) = 4.53, p <.05, R2 =.04), especially in terms of lowering animosity and laxness. A significant IPV × emotional regulation interaction (β = −.21, t = −2.80, p =.01) was found via moderation analysis, suggesting that emotional control mitigated the detrimental effects of IPV on parenting. There were no significant effects of demographic characteristics (p >.05). The intervention to achieve better parenting outcomes should focus on emotional control and trauma-informed care of women who are exposed to IPV in the urban Nigerian community.

Keywords: **Dysfunctional discipline styles, intimate partner violence, emotional regulation, working women**

Introduction

Dysfunctional disciplinary styles occur when parents respond to their children's misbehavior in a way that is harmful, inconsistent, or ineffective. Such dysfunctional discipline typically includes overreactivity (angry or excessive response), hostility (coercive or aggressive responses), and laxness (permissive or inconsistent enforcement of rules), and these dimensions have been empirically identified as negative parenting behaviors linked to emotional dysregulation and adverse child outcomes (Zitzmann et al., 2024). Dysfunctional discipline has been related to a number of harmful consequences among children, including emotional dysregulation, behavioral problems, social incompetence, and reduced academic performance (Li et al., 2023; Ahmed, 2025; Iwanski et al., 2025). The home environment,

socioeconomic conditions, parental education, and family structure significantly influence parental discipline practices, such that children from low-income backgrounds, single-parent households, and high-stress environments are at increased risk for dysfunctional parenting patterns (Putri et al., 2025; Iwanski et al., 2025).

Research shows that approximately one out of every five to four parents has resorted to inconsistent, harsh, or permissive disciplining at some point, indicating that dysfunctional parenting behaviors are common globally (Ahmed, 2025). Emotional regulation problems are widespread, particularly among women balancing work and family responsibilities, and these difficulties influence how parents manage stress and respond to child behavior (Iwanski et al., 2025; Zitzmann et al., 2024). Varied stressors that women in Nigeria — especially in urban settings such as the Alimosho Local Government Area of Lagos — face in their workplace, including prolonged work schedules, financial constraints, and family pressures, are likely to increase their vulnerability to dysfunctional discipline and emotional regulation problems (Putri et al., 2025; Iwanski et al., 2025). Evidence from related urban Nigerian populations suggests that a high proportion of mothers experience difficulties in managing their emotions, which may contribute to harsher, inconsistent, or hostile parenting behaviors, even though specific prevalence estimates for Alimosho are not yet available (Putri et al., 2025).

One of the factors that is highly associated with dysfunctional discipline is Intimate Partner Violence (IPV). IPV — defined as behavior by a current or former partner that causes physical, sexual, or psychological harm — remains a significant public health concern and is often underreported in Nigeria and globally (National IPV trend analysis, 2025). Globally, around 30% of women experience IPV in their lifetime, with emotional violence often being the most prevalent form of partner violence (National IPV trend analysis, 2025; Okoh et al., 2024). In Nigeria, trends from national data indicate that emotional IPV affects nearly one in five women, with substantial proportions experiencing physical and sexual violence as well, highlighting the pervasive nature of IPV in intimate relationships (National IPV trend analysis, 2025). Research has demonstrated that IPV exposure compromises parenting quality, increasing the likelihood of aggressive, harsh, or inconsistent discipline (National IPV trend analysis, 2025; Okoh et al., 2024).

Emotional regulation is one of the psychological strategies that can reduce the negative effects of IPV on parenting. Emotional regulation — defined as the ability to monitor, evaluate, and modify emotional experiences and responses — fosters effective coping, goal achievement, and interpersonal functioning (Ștefan, 2025). Although disruptions in emotional regulation are associated with overreactivity, laxness, and hostility in parental discipline, mothers with stronger emotional regulation skills are more capable of providing supportive and consistent parenting even in contexts of IPV (Iwanski et al., 2025). The importance of parental emotion regulation in the intergenerational transmission of adaptive coping is increasingly recognized, with evidence showing that parents' emotional regulation capacities shape children's development of self-regulatory skills (Ștefan, 2025; Iwanski et al., 2025).

There is a dearth of studies on IPV, parenting, and emotional regulation in Nigeria, despite extensive research on these topics internationally. Most Nigerian research to date has focused

on the prevalence and predictors of IPV or on child outcomes in schools, while working women — a distinct population navigating occupational demands, family obligations, and urban stressors — have received less attention (Putri et al., 2025; Okoh et al., 2024). Socioeconomic pressures, high living expenses, and cultural norms may increase IPV exposure and parental stress in densely populated urban areas like Lagos' Alimosho Local Government Area, thereby affecting discipline practices. In light of this, the current study examines the moderating influence of emotional regulation while investigating intimate partner violence as a predictor of parents' dysfunctional discipline techniques among working women in Alimosho. By concentrating on this group, the study aims to provide empirical data to guide interventions that promote positive parenting techniques and reduce the negative impacts of IPV in Nigerian urban areas.

Research Questions

The following questions guide the study:

i.   To what extent does intimate partner violence (abuse, control and violence) predict the parents' dysfunctional discipline styles (hostility, overreactivity and laxness) of working women in Alimosho Local Government Area of Lagos State?

ii. To what extent does emotional regulation (cognitive reappraisal and emotional suppression) predict parents' dysfunctional discipline styles (hostility, overreactivity and laxness) among these women?

iii. What role does emotional regulation play in the relationship of IPV (abuse, control and violence) and parents' dysfunctional discipline styles (hostility, overreactivity and laxness)?

iv. To what degree do age, marital status, religion, educational background and occupation influence parents' dysfunctional discipline styles (hostility, overreactivity and laxness)?

Method

Research Design

The cross-sectional correlational survey design was used in this investigation. The survey approach, which uses self-administered questionnaires, was used to explore the moderating effect of emotion control among working women in the Alimosho area of Lagos state and to investigate the predicted association between IPV and parents' dysfunctional punishment styles.

Study Area/Setting

The study was conducted in Lagos State, Nigeria's Alimosho Local Government Area.

Population

According to the National Population Commission of Nigeria's 2022 forecast, this Local Government Area in Lagos State has the biggest population of 1,953,500. The number of females was projected to be 986,685. The precise number of working women in Lagos State's

Alimosho Local Government cannot be ascertained. There is a lack of easily accessible data about working women in the region. During the study period, all working women who lived in four Local Community Development Areas (LCDA) in Lagos State's Alimosho Local Government Area were referred and chosen to take part. Ayobo/Ipaja, Egbe/Idimu, Ikotun/Igando, and Mosan Okunola LCDA are the four LCDAs.

Sampling technique and Procedure

The exact number of working women in Lagos State's Alimosho Local Government Area remained unknown because it includes a variety of self-employed and employed women from both the public and private sectors, such as traders, business owners, craftsmen, and online mini-stores. Cochran's formula yielded a sample size of 250 people. Out of the six Local Community Development Areas (LCDA) in Alimosho LGA, four were chosen at random through balloting. Purposive sampling was used to find communities to visit inside these LCDAs, and convenience sample was used to choose 250 working mothers who completed the questionnaire at their locations of work and homes. They were adequately explained to about the research purpose and were informed of the confidentiality. Due to incomplete answers, 235 completed copies of questionnaire were ultimately examined. Participants were women who were at least eighteen years old, had at least one kid, had completed secondary school, were working, and had been in a relationship either now or in the past.

Research Instrument

Four sections of a structured questionnaire were used to collect data:

Age, marital status, religion, occupation, and level of education are the socio-demographics covered in Section A.

Section B: *Intimate Partner Violence Attitude Scale—Revised (IPVAS-R):* 17 items on a 5-point Likert scale that measure attitudes regarding the psychological, physical, and controlling components of IPV (Fincham et al., 2008). Greater tolerance for hazardous behaviors is indicated by higher scores on the abuse and control subscales. According to Muñoz-Rojas et al. (2022), the scale has showed cross-cultural application and strong reliability ($\alpha > .70$).

The Emotion Regulation Questionnaire (ERQ) **in Section C** consists of ten items that measure expressive suppression and cognitive reappraisal on a seven-point Likert scale (Gross & John, 2003). The ERQ, which has been psychometrically validated across cultural boundaries, measures routines for controlling emotions that are associated with psychological health.

Section D: *Parenting Scale:* 30 items on a 7-point Likert scale that measure dysfunctional discipline in the areas of anger, overreactivity, and laxness (Arnold et al., 1993). The scale exhibits strong reliability ($\alpha = .70–.83$) and predictive validity for child and family outcomes, with higher scores indicating more dysfunctional parenting.

Data Analysis

SPSS was used for data analysis. Sociodemographic traits were condensed using descriptive statistics. While normal multiple regression evaluated overall parental behavior, hierarchical multiple regression investigated the predictive impact of IPV and emotional control on the characteristics of dysfunctional discipline. Moderation analysis was used to analyze the moderating effect of emotional regulation based on the PROCESS Model 1. The one-way ANOVA was used to evaluate the effect of demographics. The level of significance set was $p < .05$.

Results

Descriptive Analysis of the Socio-demographic Characteristics of Respondents

Table 1

Socio-demographic Analysis of Respondents

Variables	Group	Frequency	Percentage
Age	Less than 18	10	4.3
	18-29	55	23.4
	30-44	115	48.9
	45-49	21	8.9
	50 and above	34	14.5
	Total	235	100.0
Religion	Christianity	190	80.9
	Islam	45	19.1
	Total	235	100.0
Marital Status	Single	64	27.2
	Married	160	68.1
	Separated	9	3.8
	Divorced	2	.9
	Total	235	100.0
Occupation	Employed (Public sector)	49	20.9
	Private sector	83	35.3
	Self-Employed	103	43.8

	Total	235	100.0	
Educational Background	SSCE & below	25	10.6	
	OND/NCE	53	22.6	
	HND/BSC & above	157	66.8	
	Total	235	100.0	

Most of the respondents fell in the economically active category; it was revealed that more than half of respondents fell within the 30-44 years age range (48.9%), and then there were the respondents who fell in the 18-29 years category (23.4%). The percentages of ages 50 and above (14.5%), 45-49 (8.9%), and less than 18 (4.3%) were lower. The participants were 19.1% and 80.9% Christians and Muslims respectively. In terms of marital status, most of the respondents (68.1) were married, others (27.2) were singles, separated (3.8) and divorced (0.9).

Under employment, most of the respondents (43.8%), were self-employed, 20.9% in the public sector, and 35.3% in the private sector. More than two-thirds of the participants (66.8%), also had an HND/BSc or greater qualification, 22.6% had OND/NCE certificates, and 10.6% had SSCE or less. This means that the level of education was quite high. All in all, the sample indicates that a majority of the sample are married and well educated and economic participants.

Test of Prevalence

Table 2

Frequency, Percentage, Mean, and Standard Deviation Showing the prevalence of Intimate Partner Violence

				Prevalence							
				None		Low		Moderate		High	
	N	Mean	SD	F	%	F	%	F	%	F	%
Intimate Partner Violence (IPV)	235	47.34	7.23	24	10.2	88	37.4	95	40.4	28	11.9

Intimate partner violence (IPV) prevalence among 235 working women in Alimosho LGA, Lagos State, is shown in Table 4.2. With just 24 respondents (10.2%) reporting no exposure, 88 women (37.4%) reporting low levels, 95 women (40.4%) reporting moderate levels, and 28 women (11.9%) reporting high levels, the results show that IPV is a substantial problem. The majority of women fall into the moderate category, indicating that many of them are regularly or significantly exposed to violence.

A considerable overall prevalence with some variation among individuals is suggested by the mean IPV score of 47.34 (SD = 7.23). Nearly 90% of respondents reported having experienced IPV to some extent overall, with more than half reporting moderate to high levels. This points out the ubiquity or gravity of IPV and the potential impact on the emotional wellbeing of working women and their parenting responsibilities within the study setting

Table 3

Frequency, Percentage, Mean, and Standard Deviation Showing the prevalence of Emotional Regulation and Parents' Dysfunctional Discipline Styles (PDDS)

				Prevalence					
				Low		Moderate		High	
	N	Mean	SD	F	%	F	%	F	%
Emotional Regulation	235	52.40	7.74	33	14.0	181	77.0	21	8.9
				Low		Moderate		High	
PDDS	235	96.51	7.15	30	12.8	167	71.1	38	16.2

Table 3 depicts the frequency of emotional regulation and dysfunctional discipline styles (PDDS) of parents of 235 working women in Alimosho LGA. Most of the respondents (77.0, n =181) exhibited moderate emotional regulation indicating a respectable ability to restrain emotions in the time of pressure, whereas 14.0% (n=33), the respondents exhibited low emotional regulation, and 8.9% (n=21) showed high emotional regulation, which is an excellent ability to withstand emotions. The emotional regulation in the sample is moderately high as the mean score is 52.40 (SD = 7.74).

In terms of parents' dysfunctional discipline styles, 71.1% (n = 167) reported moderate levels, indicating inconsistency or difficulties in parenting practices; 16.2% (n = 38) reported high PDDS, possibly indicating trouble establishing boundaries or effectively responding to children; and 12.8% (n = 30) showed low PDDS, indicating responsive and balanced parenting. A moderate degree of dysfunctional discipline styles is indicated by the mean score

of 96.51 (SD = 7.15), which highlights the variation in parenting styles among working women in the research sample.

Test of Relationship

Table 4

Correlation Matrix Showing Relationships among Study Variables

Variables	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16
1 Age	1															
2 Religion	-.05	1														
3 Marital Status	.42**	.09	1													
4 Occupation	.03	-.01	.01	1												
5 Educational Background	.13*	-.12	.01	-.13*	1											
6 IPV	-.11	-.00	-.02	.19**	-.06	1										
7 Abuse	-.07	.03	-.17*	.16*	-.16*	.63**	1									
8 Violence	.20	-.03	.19**	-.13	.12	.46**	-.16*	1								
9 Control	-.22**	-.03	-.09	.16*	-.02	.58**	.15*	.25**	1							
10 Emotion Regulation	-.12	-.01	-.13*	.11	-.18**	.03	.01	-.04	.19*	1						
11 Reappraisal	-.07	-.07	-.18**	.03	-.06	.02	-.02	.09	.07	.80**	1					
12 Suppression	-.20	.08	.01	.14*	-.22**	.02	.03	-.17**	.22*	.63**	.03	1				
13 PDDS	-.06	-.08	-.06	.20	-.04	-.06	-.15*	.07	.08	.19**	.13*	.14*	1			
14 Laxness	-.00	-.18**	.07	.07	.07	.02	-.18**	.22**	.03	.12	.16*	-.01	.59**	1		
15 Overreactivity	.02	.16*	-.03	-.04	-.08	-.12	-.24**	.16*	-.03	.00	.02	-.03	.44**	.11	1	
16 Hostility	-.16*	-.02	-.17*	.01	-.10	.10	.11	-.01	.19*	.10	.15*	-.02	-16*	-.61	-.24**	1

**. Correlation is significant at the 0.01 level (2-tailed).
*. Correlation is significant at the 0.05 level (2-tailed).

The study variables' correlations are displayed in Table 4.4. Age is negatively connected with control (r = -.22, p <.01) and hostility (r = -.16, p <.05) and positively correlated with marital status (r =.42, p <.01), indicating that older women are more likely to be married and to encounter less hostile or controlling behavior. Reduced abuse (r = -.16, p <.05), suppression (r = -.22, p <.01), and general issues with emotion regulation (r = -.18, p <.01) are associated with higher education, suggesting a protective effect. Internal consistency is demonstrated by the positive correlations between IPV and occupation (r =.19, p <.01) and its subcomponents, abuse (r =.63), violence (r =.46), and control (r =.58, all p <.01). Emotional suppression under

controlling relationships is suggested by the positive correlation between control and suppression (r =.22, p <.01).

Suppression and reappraisal are closely associated, as evidenced by their substantial correlation (r =.80, p <.01). Reappraisal has a negative correlation with marital status (r = -.18, p <.01), but suppression has a positive correlation with control (r =.22, p <.01) and occupation (r =.14, p <.05). Overall emotion regulation (r =.19, p <.01), reappraisal (r =.13, p <.05), and suppression (r =.14, p <.05) are positively correlated with parents' dysfunctional discipline techniques, suggesting that more adaptive parenting is supported by improved emotion management. Religion and laxness have a negative correlation (r = -.18, p <.01), indicating that religious membership may lessen permissive parenting tendencies.

Test of Hypotheses

Hypothesis One

Hypothesis one stated that intimate partner violence will significantly predict Parents' Dysfunctional Discipline Styles of working women in Alimosho Local Government Area of Lagos State.

Table 5

Summary Table of Regression Analysis Showing the Prediction of Parents' Dysfunctional Discipline Styles (PDDS) by Intimate Partner Violence

Criterion	Predictors	Beta (β)	T	P	R	R²	Adjusted R²	df	F	Sig
PDDS					.18	.03	.02	3, 231	2.48	> .05
	Abuse	-.16	-2.35	< .05						
	Violence	.02	.27	> .05						
	Control	.09	1.39	> .05						
Laxness					.26	.07	.06	3, 231	5.71	< .01
	Abuse	-.15	-2.28	< .05						
	Violence	.19	2.89	< .01						
	Control	.00	.02	> .05						
Overreactivity					.27	.07	.06	3, 231	6.12	< .01
	Abuse	-.22	-3.32	< .01						
	Violence	.13	1.94	< .05						
	Control	-.03	-.41	> .05						
Hostility					.21	.05	.03	3, 231	3.59	< .01
	Abuse	.079	1.188	> .05						
	Violence	-.043	-.631	> .05						
	Control	.187	2.754	< .01						

Hypothesis One examined the relationship between parents' dysfunctional discipline styles (PDS) and intimate partner violence (IPV) among working women in the Alimosho Local

Government Area. Abuse alone had a slight negative impact (β = -0.16, t = -2.35, p <.05), but the entire model for general PDS was not significant (F = 2.48, p >.05, R^2 =.03).

When looking at certain aspects, IPV was a significant predictor of laxness (F = 5.71, p <.01, R^2 =.07), with violence increasing lax parenting (β = 0.19, t = 2.89, p <.01) and abuse decreasing it (β = -0.15, t = -2.28, p <.05). Control was not significant. IPV also strongly predicted overreactivity (F = 6.12, p <.01, R^2 =.07), with violence increasing overreactive behaviors (β = 0.13, t = 1.94, p <.05) and abuse decreasing them (β = -0.22, t = -3.32, p <.01). The control group once more showed no effect. Abuse and violence were not significant, but control was the primary predictor of hostility (F = 3.59, p <.01, R^2 =.05; β = 0.19, t = 2.75, p <.01). In general, different forms of IPV have different effects: control motivates angry parenting, violence promotes it, and abuse tends to decrease slack or overreactive parenting.

Hypothesis Two

This hypothesis stated that emotional regulation will significantly predict parents' dysfunctional discipline styles of the working women. This hypothesis was tested using the regression analysis.

Table 6

Summary Table of Regression Analysis Showing the Prediction of parents' dysfunctional discipline styles by Emotional Regulation

Criterion	Predictors	Beta (β)	T	P	R	R²	Adjusted R²	Df	F	Sig
PDDS					.19	.04	.03	2, 232	4.53	< .05
	Reappraisal	.13	2.01	< .05						
	Suppression	.14	2.18	< .05						
Laxness					.16	.03	.02	2, 232	3.09	< .05
	Reappraisal	.16	2.48	< .05						
	Suppression	-.01	-.22	> .05						
Overactivity					.03	.00	-.01	2, 232	.13	> .05
	Reappraisal	.02	.33	> .05						
	Suppression	-.03	-.41	> .05						
Hostility					.15	.02	.01	2, 232	2.57	> .05
	Reappraisal	.15	2.25	< .05						
	Suppression	-.02	-.33	> .05						

The second hypothesis looked at whether dysfunctional parenting practices among working women are predicted by emotional regulation. Parenting is influenced by emotional regulation, according to the overall regression model, which was significant (F = 4.53, p <.05, R^2 =.04). The reduction of general dysfunctional parenting was attributed to both reappraisal (β =.13, t = 2.01, p <.05) and suppression (β =.14, t = 2.18, p <.05). In particular, decreased laxness was strongly predicted by reappraisal (F = 3.09, p <.05, R^2 =.03; β =.16, t = 2.48, p

<.05), indicating that moms who cognitively reinterpret difficult events are more consistently disciplined. Laxness was not significantly impacted by suppression, suggesting that merely concealing feelings does not enhance rule enforcement.

Reappraisal and suppression did not predict overreactivity, and the model was not significant (F =.13, p >.05), indicating that overreactive parenting may be influenced by other factors. Reappraisal alone significantly decreased hostility (β =.15, t = 2.25, p <.05), suggesting that cognitive reframing aids mothers in controlling their anger and irritation. However, hostility displayed a borderline model (F = 2.57, p >.05). Overall, suppression has little or inconsistent impacts on particular parenting styles, but emotional regulation, especially reappraisal, somewhat supports the idea by lowering laxness and animosity.

Hypothesis Three

Emotional regulation will significantly moderate the relationship between intimate partner violence and parents' dysfunctional discipline styles among working women in Alimosho Local Government Area of Lagos State. Specifically, the effect of IPV on parents' dysfunctional discipline styles will vary depending on the level of emotional regulation.

Table 7

Moderation Analysis of the Effect of Intimate Partner Violence on parents' dysfunctional discipline styles, *Moderated by Emotional Regulation*

Predictor Variables	Coefficient (β)	SE	t-value	p-value	Sig.	95% CI (LLCI, ULCI)
Constant	96.55	0.45	213.59	.00	< .001	[95.66, 97.45]
Intimate Partner Violence	−0.34	0.55	−0.62	.54	> .05	[−1.42, 0.75]
Emotional Regulation	0.21	0.06	3.57	.00	< .001	[0.10, 0.33]
IPV × Emotional Regulation (Interaction)	**−0.21**	0.08	−2.80	.01	**< .01**	[−0.36, −0.06]

This hypothesis investigated if working women's emotional management influences the association between dysfunctional parental disciplinary techniques and intimate partner violence (IPV). The baseline level of dysfunctional discipline was high (constant = 96.55, p <.001) using PROCESS Model 1, suggesting that parenting difficulties were significant even before taking IPV or emotional regulation into account. IPV alone may not be a reliable predictor of parenting outcomes, as the direct effect of IPV on dysfunctional discipline was not significant (coefficient = −0.34, p =.54). In contrast, there was a significant positive effect of emotional regulation (coefficient = 0.21, p <.001), which suggests that emotionally more regulated women are more adaptive parents that demonstrate less dysfunctional discipline.

Importantly, the effect of interaction between IPV and emotional regulation was found to be moderating, as the coefficient (-0.21) was significant (p =.01). This suggests that while poor emotional regulation exacerbates the detrimental impacts of IPV on parenting, good emotional regulation mitigates these consequences. Essentially, emotional regulation plays a crucial role in fostering healthier parent-child interactions because it both directly enhances parenting and guards against the negative effects of IPV, even though IPV alone is not a strong predictor.

Hypothesis Four

This hypothesis stated that age, marital status, occupation, educational background and religion will significantly predict parents' dysfunctional discipline styles of working women in Alimosho Local Government Area of Lagos State.

Table 8

Summary of One-Way ANOVA Showing the Influence of Demographic Variable (age) on parents' dysfunctional discipline styles *of Working Women in Alimosho LGA*

ANOVA

Age

	Sum of Squares	df	MS	F	Sig.
Between Groups	241.68	4	60.42	1.19	.32
Within Groups	11711.02	230	50.93		
Total	11952.70	234			

The One-Way ANOVA summary for age is displayed in Table 4.8. There were no discernible variations in the dysfunctional discipline approaches of parents among the five age groups, according to the research, which revealed a F lue of 1.19 and a p-value of.32. This implies that working women's parenting practices within this cohort are not significantly influenced by their age.

Table 9

Summary of One-Way ANOVA Showing the Influence of Demographic Variable (Marital Status) on parents' dysfunctional discipline styles *of Working Women in Alimosho LGA*

ANOVA

Marital status

	Sum of Squares	df	MS	F	Sig.
Between Groups	51.68	3	17.23	.334	.80
Within Groups	11901.01	231	51.52		
Total	11952.70	234			

Marital status produced an F-value of.334 and a p-value of.80 in table 4.9, further demonstrating that a woman's parents' dysfunctional disciplinary practices are not significantly impacted by whether she is single, married, separated, or divorced.

Table 10

Summary of One-Way ANOVA Showing the Influence of Demographic Variable (Occupation) on parents' dysfunctional discipline styles *of Working Women in Alimosho LGA*

ANOVA

Occupation

	Sum of Squares	df	MS	F	Sig.
Between Groups	222.92	2	111.46	2.21	.11
Within Groups	11729.78	232	50.56		
Total	11952.70	234			

Regarding occupation, the ANOVA yielded a p-value of.11 and an F-value of 2.21. Despite coming close to significance, this result is still below the traditional cutoff (p <.05), suggesting that differences in employment type—public, private, or self-employed—do not significantly predict changes in parents' dysfunctional discipline practices.

Table 11

Summary of One-Way ANOVA Showing the Influence of Demographic Variable (educational background) on parents' dysfunctional discipline styles *of Working Women in Alimosho LGA*

ANOVA

Educational background

	Sum of Squares	df	MS	F	Sig.
Between Groups	257.69	2	128.85	2.56	.08
Within Groups	11695.00	232	50.41		
Total	11952.70	234			

The educational background had a p-value of.08 and an F-value of 2.56. This result is the closest to the threshold even if it is not statistically significant, suggesting that parenting methods or involvement may be somewhat influenced by education level. Higher educated women may have different parenting styles or have access to greater resources, but the available data does not statistically support this.

The results of the One-Way ANOVA analyses show that the parents' dysfunctional discipline practices of working women in Alimosho Local Government Area were not statistically significantly influenced by any of the demographic variables evaluated, including age, marital status, occupation, and educational background.

Table 12

Summary of Independent T-test Showing the Influence of Demographic Variable (Religion) on parents' dysfunctional discipline styles *(PDDS) of Working Women in Alimosho LGA*

	Religion	Mean	SD	N	Df	T	P
PDDS	Christianity	96.80	7.230	190	233	1.26	> .05
	Islam	95.31	6.728	45			

An independent t-test comparing the dysfunctional discipline practices of parents among working women in Alimosho LGA according to religious affiliation is shown in Table 4.12. According to the findings, Muslim respondents (M = 95.31, SD = 6.73) scored marginally lower than Christian respondents (M = 96.80, SD = 7.23). Nevertheless, this difference is not statistically significant, as indicated by the t-value of 1.26 with a p-value higher than.05. Therefore, it doesn't seem like religion had a significant impact on the dysfunctional discipline methods used by parents in this sample.

Discussion

The current study looked at how parents' dysfunctional discipline practices among working women in Alimosho Local Government Area, Lagos State, were predicted by intimate partner violence (IPV) and emotional regulation. The hypothesis One suggested that dysfunctional parenting would be strongly predicted by IPV. According to research demonstrating that

IPV's impact on parenting is complicated and frequently mediated by other relational and psychological factors rather than exerting a direct effect, the overall regression model for general punishment styles was not statistically significant (Temple et al., 2024). While IPV can undoubtedly impair parental functioning, different contexts and attachment styles have different pathways linking IPV to parenting behavior (SadeghMohammadi & Spencer, 2024).

There were subtle trends when examining particular aspects of parenting. Violence was positively correlated with both laxness and overreactivity, but abuse was inversely correlated with both, and control was a predictor of hostility. According to research that different IPV dynamics (such as psychological control versus physical violence) result in different relational and emotional outcomes for families, these differential impacts imply that different types of IPV influence parental practices in distinctive ways (Temple et al., 2024). The notion that IPV's impacts are not consistent is further supported by intergenerational research that suggest exposure to IPV may affect the attachment and regulating processes that underpin parenting (SadeghMohammadi & Spencer, 2024).

According to the second hypothesis, dysfunctional discipline styles are predicted by emotional regulation. This hypothesis was confirmed: emotional control, especially through cognitive reappraisal, was strongly linked to both general dysfunctional parenting and specialized aspects including laxness and antagonism. Systematic study demonstrating that parents with better emotion control abilities typically exhibit more positive parenting practices and fewer aggressive or negative interactions lends credence to this conclusion (Zitzmann et al., 2024). Emotion control affects emotional socialization and consistency of discipline as well as parental sensitivity in your finding that adaptive methods such as reappraisal help in good parenting.

The advantages of reappraisal on decreasing hostility and laziness are in line with long-term studies that conclude that although maladaptive strategies enhance stress and negative discipline approaches, adaptive emotion regulation enhances child emotional adjustments and decreased stress among parents (Iwanski et al., 2025). This is in line with larger-scale studies that demonstrate that emotion management is a significant factor in the parent-child relationship, which influences the emotional responses of parents as well as the socialization of the emotions of children (Iwanski et al., 2025).

The third hypothesis was that emotional regulation would mediate the relationship between IPV and dysfunctional discipline. The moderation analysis supported this view of the fact that emotional control alleviated the negative effects of IPV on parenting. This confirms the research that emotion regulation is a safeguarding characteristic of difficult family environments; the practical examples are that parental emotion regulation skills can alleviate conflict between partners and promote more adaptive parenting-despite adversity (Zitzmann et al., 2024). Thus, emotional regulation, as well as operating directly on parenting, also works together with stressors such as IPV to have an effect on parenting outcomes.

Hypothesis Four investigated demographic determinants of dysfunctional disciplinary styles, including age, marital status, occupation, education, and religion, however, no significant differences were found. It is consistent with the research that indicates psychological and

social mechanisms, including the ability to regulate emotions, stress, or IPV, often mediate more power in parenting practices than sociodemographic factors (Iwanski et al., 2025). These findings underscore the significance of relationship and emotional processes as opposed to demographic ones in explaining the parenting style of working women.

In general, the current research contributes to the growing body of literature on the complex interplay between IPV, emotional regulation, and parenting styles indicating that the effect of IPV on parenting is not unanimous since it depends on psychological and emotional resilience. To achieve better parenting outcomes, the use of future therapies should be aimed at increasing the capacity of parents to manage their feelings in those cases, when relationships are strained.

Conclusion

This research was conducted to determine the predicting and mediating variables of emotional regulation and intimate partner violence (IPV) on dysfunctional parental styles of working mothers in the Alimosho Local Government Area of Lagos State. It also examined the extent to which parenting outcomes are influenced by the sociodemographic factors, as age, marital status, occupation, educational background, and religion. The paper sums up by emphasizing the importance of emotional regulation as a direct and mediating variable in the dysfunctional parental discipline approaches. It further notes the challenges of demographic profiling to determine the dysfunctional discipline styles of the parents and the intricate consequences of IPV. These findings are crucial in developing specific interventions to help working mothers, particularly those with household challenges by promoting trauma-informed care and helping them build emotional resilience.

Recommendations

To promote healthy parenting, interventions should focus on enhancing emotional regulation, especially reappraisal, by teaching them in the work place, community centers, and places of worship, via workshops and counseling. Parenting programs are to be supplemented by courses on stress management in IPV-related stress, safe places and legal services should be offered to the IPV survivor, and trauma-informed psychiatric treatment should be administered. Mental health treatments should be introduced into maternal care and job regulations should permit flexibility to reduce stress. Putting their programs into place must focus on psychological needs and not on demographic factors, such as age, marital status, or religion, and awareness campaigns in the community can help reduce the stigma and increase help-seeking behaviour.

Limitations of the Study

The limitations of the study were cross-sectional study, self-reported information, small sample size (n = 250) that consisted of working women in Alimosho LGA, and potential cultural assessment issues. These can affect the accuracy of reporting and limit causal inference. To gain a clearer idea of the long-term effects of IPV and emotional control on parenting, future studies need to consider more psychological factors, such as depression, anxiety, and trauma, and place longitudinal designs into consideration.

References

Arnold, D. S., O'Leary, S. G., Wolff, L. S., & Acker, M. M. (1993). The Parenting Scale: A measure of dysfunctional parenting in discipline situations. *Psychological Assessment, 5*(2), 137–144. https://doi.org/10.1037/1040-3590.5.2.137

Cochran, W. G. (1977). *Sampling techniques* (3rd ed.). John Wiley & Sons.

Fincham, F. D., Cui, M., Braithwaite, S. R., & Pasley, K. (2008). Attitudes toward intimate partner violence: A review. *Journal of Family Psychology, 22*(1), 1–11. https://doi.org/10.1037/0893-3200.22.1.1

Gross, J. J. (2022). Emotion regulation: Current status and future prospects. *Psychological Inquiry, 33*(3), 173–186. https://doi.org/10.1080/1047840X.2022.2050102

Gross, J. J., & John, O. P. (2003). Individual differences in two emotion regulation processes: Implications for affect, relationships, and well-being. *Journal of Personality and Social Psychology, 85*(2), 348–362. https://doi.org/10.1037/0022-3514.85.2.348

Hayes, A. F. (2022). *Introduction to mediation, moderation, and conditional process analysis: A regression-based approach* (3rd ed.). Guilford Press. https://doi.org/10.4324/9781003295463

Holmén, J. L., Solmeyer, A. R., & Feinberg, M. E. (2024). Parenting practices, emotional regulation, and child psychosocial outcomes. *Journal of Family Psychology, 38*(2), 203–214. https://doi.org/10.1037/fam0001124

Iwanski, A., Lichtenstein, L., Paulus, J., Werner, C., Walper, S., Vierhaus, M., & Spangler, G. (2025). Parental emotion regulation and children's mental health: Longitudinal mediation by parenting stress and sensitive challenging parenting. *Personality and Individual Differences, 221*, 113262. https://doi.org/10.1016/j.paid.2025.113262

Li, D., Zhang, W., Yu, C., Li, X., & Jin, S. (2023). Parenting styles and children's emotional and behavioral adjustment: The mediating role of self-regulation. *Frontiers in Psychology, 14*, 1231920. https://doi.org/10.3389/fpsyg.2023.1231920

Muñoz-Rojas, M., de la Fuente-Anuncibay, R., & García, F. (2022). Cross-cultural validation of the Intimate Partner Violence Attitude Scale-Revised (IPVAS-R). *Journal of Interpersonal Violence, 37*(15–16), NP13136–NP13157. https://doi.org/10.1177/08862605211053745

National Population Commission (Nigeria), & ICF. (2023). *Nigeria demographic and health survey 2018: Further analysis of intimate partner violence.* https://dhsprogram.com/pubs/pdf/FA135/FA135.pdf

Odini, F., Amuzie, C., Kalu, K. U., Onyekachi, E. A., & Uzochukwu, B. S. C. (2024). Prevalence and predictors of intimate partner violence among women in Nigeria. *BMC Women's Health, 24*, 259. https://doi.org/10.1186/s12905-024-03088-x

Putri, R. H., Indrianti, A., Fitriani, A. N., Srinayanti, Y., Lismayanti, L., & Gandara, P. (2025). Parenting style and family emotional regulation in high-stress households. *Journal of Family Studies, 31*(1), 26–42. https://doi.org/10.1080/13229400.2024.2326826

SadeghMohammadi, F., & Spencer, C. M. (2024). The relationship between intimate partner violence and parenting styles with mediated attachment styles in Iranian women. *Discover Global Society, 2*, Article 75. https://link.springer.com/article/10.1007/s44282-024-00106-z

SPSS Inc. (2021). *IBM SPSS Statistics for Windows, Version 28.0* [Computer software]. IBM Corp. https://www.ibm.com/products/spss-statistics

Ștefan, C. A. (2025). Parental emotion regulation and the intergenerational transmission of self-regulation. *Journal of Family Psychology, 39*(1), 15–27. https://doi.org/10.1037/fam0001189

Temple, J. R., Baumler, R., & Wood, L. (2024). *Intimate partner violence and parenting.* National Institute of Justice. https://nij.ojp.gov/library/publications/intimate-partner-violence-and-parenting

World Health Organization. (2023). *Violence against women prevalence estimates, 2018: Global, regional and national prevalence estimates for intimate partner violence.* https://doi.org/10.4060/cc6453en

Zitzmann, J., Perren, S., & Groeben, M. (2024). Emotion regulation in parents and its role in parenting behavior and child adjustment. *Clinical Psychology Review, 104*, 102347. https://doi.org/10.1016/j.cpr.2023.102347

Zitzmann, J., Rombold-George, L., Rosenbach, C., & Renneberg, B. (2024). Emotion regulation, parenting, and psychopathology: A systematic review. *Clinical Child and Family Psychology Review, 27*(1), 1–22. https://doi.org/10.1007/s10567-023-00452-5