Level of Parentification and Resilience among Students with Clinical and Non-Clinical Aspirations

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Abstract

Literature has shown that most individuals who join the mental health professions generally reported more childhood parentification experiences compared to professionals in other fields. This study aimed to: 1. Compare the level of parentification and resilience among college students who pursue qualifications with and without future clinical applications. 2. Examine the relationship between parentification and resilience which may contribute to implications on the education process of these developing people helpers. A total of 419 college students (49.9% clinical; 51.1% non-clinical) were surveyed based on stratified cluster sampling method, using the Parentification Questionnaire and Connor-Davidson Resilience Scale. It was found that there was a significant differences in the parentification scores between the clinical and non-clinical students (p<0.01). Moreover, parentification was found to be positively correlated with resilience (p<0.01). The findings of the current study suggested the positive outcome associated with parentification which should be considered in practice and research.

Keywords: Role reversal, Hardiness, Mental health, Childhood, Adulthood.