



RELATIONSHIP BETWEEN PARENTING STYLE, AND PSYCHOLOGICAL PARAMETERS (PSPP) AMONG ADOLESCENT GIRLS IN SELECTED SCHOOL

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ABSTRACT

Background: Adolescence is a crucial period where anxiety and depression can have a significant impact on the mental health of the younger population. Parenting styles play a vital role in shaping the personality traits of adolescents. However, different cultural patterns and ideals may influence parenting styles, making it essential to understand the correlation between parenting style and psychological parameters.

Objective: The objective of this study is to investigate the relationship between parenting style and anxiety and depression among adolescent girls.

Methods: This correlational study involved 40 adolescent girls aged 13-15 years from a private international school. Convenience sampling was used to select the sample. The Parenting Styles and Dimensions Questions (PSDQ), Modified Beck's Depression Inventory 4-point scale, and Modified Hamilton Anxiety Rating Scale were used to collect data.

Results: The study findings indicate that there is a moderate positive correlation between anxiety and the parenting styles of authoritarian, permissive, and uninvolved parenting, with estimated r-values of 0.354, 0.246, and 0.269, respectively. On the other hand, there is a moderate negative correlation between anxiety and authoritative parenting, with an estimated r-value of -0.452. Similarly, there is a moderate positive correlation between depression and authoritarian, permissive, and uninvolved parenting styles, with estimated r-values of 0.432, 0.302, and 0.461, respectively. Meanwhile, there is a moderately negative correlation between depression and authoritative parenting, with an estimated r-value of -0.527. These results indicate that parenting styles have a significant impact on anxiety and depression in adolescent girls.

Conclusion: The findings suggest that adolescent girls who perceive an authoritative parenting style had minimal or no anxiety and depression, while other parenting styles showed a positive correlation with anxiety and depression.

Key words: parenting style, anxiety, depression, and adolescent girls.

Introduction:

The family is a crucial institution in society that plays an essential role in a child's life. Parenting style is a powerful psychological construct that investigates the strategies parents use to raise their children. (Hayek, J, M Tueni; 2021). refers to the behavior system in which child-parent interactions are described, creating an effective interactive atmosphere. (L.M. Loles; N.T.

Maliakkal; 2021). Psychological factors play a determining role in children's development and future psychological disorders. There are four types of parenting styles: authoritative, authoritarian, permissive, and uninvolved. (S.A. Sardan; 2015)

Authoritative parents are often characterized as disciplinarians, using a strict discipline style with limited negotiation and frequent punishment. Communication is typically one-way, from parent to child, and rules are not always explained. This parenting style tends to be less nurturing, with high expectations but limited flexibility. In contrast, authoritative parents are reasonable and nurturing, setting high, clear expectations for their children. Children with parents who demonstrate this style tend to be self-disciplined and independent thinkers. Disciplinary rules are clear, and the reasons behind them are explained. Communication is frequent and appropriate for the child's level of understanding. Permissive or indulgent parents, on the other hand, tend to offer limited guidance or direction, allowing their children to do what they want. They often act more like friends than parents, and their discipline style is the opposite of strict. Rules are limited or non-existent, and children are mostly left to figure out problems independently. Uninvolved parents give their children a lot of freedom and generally stay out of their way. Some may make a conscious decision to parent in this way, while others may be less interested in parenting or unsure of how to proceed. This parenting style does not utilize any particular discipline style. An uninvolved parent tends to let their child do what they want, possibly out of a lack of information or caring. Communication is often limited in this style.

The bond between children and their parents or caregivers is a crucial relationship that has a lasting impact on a child's life. As adolescents, youth tend to seek greater autonomy from their families and take on more decision-making responsibilities. While this transition can bring about both positive and negative outcomes, it also increases the possibility of facing risks. Therefore, teenagers require parental or caregiver support to navigate the challenges of adolescence. Despite the inevitable conflicts that arise between adolescents and their parents, the emotional backing and boundaries set by parents or caregivers play a critical role in fostering positive adolescent development.

The present study employed the Parental Attitude Questionnaire (PAQ) to measure parenting styles, and utilized two self-report measures, the Hospital Anxiety and Depression Scale (HADS) and Short Mood and Feelings Questionnaire (SMFQ), to assess depression in adolescents. The study results indicate that the overall regression model used to examine the relationship between parenting style and depression in adolescents was significant with HADS ($F = 3.77$, $p = 0.007$), but not significant with SMFQ scores ($F = 0.880$, $p = 0.454$). Regarding the dependent variable of depression measured by HADS, the most substantial predictors were authoritative parenting style ($\beta = -0.28$, $p = 0.03$) and monthly family income, which was also significant ($\beta = 0.25$, $p = 0.01$).

Based on the literature review and personal experience in the school and community, the researcher holds the view that parents have a significant impact on shaping the behavior of adolescents. As a pediatric nurse researcher, the author is interested in exploring the influence of parenting styles on adolescent behavior among both parents and adolescents. This interest has led to the implementation of a correlational study aimed at evaluating parenting styles and adolescent behavior among selected schools in Kanyakumari District.

Background:

According to Darvishi Damavandi Z. (2015), adolescence is a critical period marked by a transition from dependence to independence, and parenting style can serve as a unifying force to help adolescents navigate this transition. Adolescents' personality traits are often influenced by their parents' own personality traits, cultural norms, parenting styles, and values as they strive to guide their children's development (Guyer & Jarcho, 2015).

Researchers have found that parents who employ both nurturing and controlling approaches towards their children may inadvertently hinder their children's development and contribute to the development of anxiety and depression. Anxiety and depression are widely recognized psychiatric and clinical psychological disorders, and they represent prevalent mental health conditions among children and adolescents. Although adolescents are influenced by various external factors such as their environment and society, their families hold a particularly strong influence. This is primarily because the family serves as the initial institution where their personalities begin to take shape. (Erozkan 2012).

The impact of the family on the mental health of adolescents is a significant factor that contributes to their proper and healthy development. The prevalence of mental health disorders such as anxiety and depression is higher among female adolescents than male adolescents, possibly due to the rapid physiological changes experienced by girls (M. Pinquart; 2017). Anxiety disorders are prevalent in 8-12% of adolescents, and common types include separation anxiety, generalized anxiety disorder, panic disorder, obsessive-compulsive disorder, and specific phobias (R.M. Rapee; 2014). Depression is also a common mental health disorder among adolescents.

Adolescents experiencing depression may exhibit antisocial behavior and misuse alcohol or drugs. Other related conditions may include oppositional defiant disorder, conduct disorder, and substance abuse or dependence (M.B.H. Yap; 2014). Parenting practices and style have been emphasized by psychologists and theorists, as adolescence is a crucial and delicate period in life. However, there is limited research conducted on the relationship between parenting practices and adolescent psychology compared to other developmental stages (T.K. Lee; 2017).

Furthermore, traditional patriarchal expectations often form the basis for femininity ideology, which consists of the instructions or values that females are expected to adhere to in their social lives. The extent to which females commit to this traditional femininity ideology can have a significant impact on their self-esteem and may contribute to the development of depression in female adolescents, as noted by D.L. Tolman (2011).

Statement of the problem:

A study to assess the relationship between Parenting Style, and Psychological Parameters (PSPP) among adolescent girls in a selected school at Kanyakumari district, Tamil Nadu-India.

Objective:

1. To assess the psychological parameters among adolescent girls.
2. To find out the correlation between psychological parameters and parenting styles among adolescent girls.
3. To associate the psychological parameters among adolescent girls with their selected demographic variables among adolescent girls.

Hypothesis:

NH₁: There is no significant relationship between parenting style and psychological parameters among adolescent girls at $p < 0.05$ level.

NH₂: There is no significant association between psychological parameters with selected demographic variables among adolescent girls at $p < 0.05$ level.

Method:

The research approach and research design: A quantitative approach and non-experimental co-relation design were adopted for this study.

Study setting: The present study was conducted in a private International school at Kanyakumari District, Tamil Nadu - India.

Study population: The population of the study were adolescent girls.

Sampling techniques: The convenient sampling technique was used to select the samples.

Inclusion criteria:

Adolescent girls between 13 – 15 years

Adolescent girls who are all studying 7th, 8th & 9th standard.

Adolescent girls who are available at the time of data collection

Adolescent girls who know to read and write Tamil or English

Exclusion criteria:

Adolescent girls who are not willing to participate the study.

Description of the tool:

Part I: Demographic variables

Demographic variables consist of age of the adolescent girls, age, religion, father's education, mother's education, father's occupation, mother's occupation, type of family, parent's economic status, the number of children, who do you live with, do you have a good relationship with parents, and area of residence.

Part II: Parenting Styles and Dimensions Questions (PSDQ)

[Robinson, Mandleco, Olsen & Hart; 2001] It consists of 30 items of parenting styles questionnaire with 5-point Likert scale (strongly agree to strongly disagree).

Part III: Modified Beck's Depression Inventory 4-point scale

It consists of 15 items, (1961) Dr, Aaron T. Beck's multiple choice, self-report inventory a value of 0 – 3 is assigned for each answer.

Scoring Interpretation: - HAM-A

17 or less – mild anxiety

18 to 24 – moderate anxiety

25 to 30 – severe anxiety

Part IV: Modified Hamilton Anxiety Rating Scale HAM-A; 1959)

It consists of 13 items with 5 point scale, a rating of 0 – 4 is assigned for each answer.

Scoring (Hamilton Anxiety)

0 to 9 - not depressed

10 to 18 – mild depression

19 to 29 – moderate depression

30 to 63 – severe depression

Results of the study

Table I
Demographic Variables

S. No.	Demographic variables	N	%
1	Age of the adolescents		
	a) 13 years	8	20
	b) 14 years	14	35
	c) 15 years	18	45
2	Religion		
	a) Christian	16	40
	b) Hindu	12	30
	c) Muslim	12	30
3	Father's education		
	a) Graduate	16	40

	a) Diploma	18	45
	b) Higher secondary	6	15
	c) High school	-	-
	a) No formal education	-	-
4	Mother's education		
	a) Graduate	9	22.5
	b) Diploma	4	10
	c) Higher Secondary	27	67.5
	d) High school	-	-
	e) No formal education	-	-
5	Father's occupation		
	a) Self-employed	8	20
	b) Private employee	20	50
	c) Government	12	30
	d) Unemployment	-	-
6	Mother's occupation		
	a) Self-employed	2	5
	b) Private employee	22	55
	c) Government	9	22.5
	d) Home maker	7	17.5
7	Type of family		
	a) Nuclear	29	72.5
	b) Joint	11	27.5
8	Parents economic status		
	a) Lower class	11	27.5
	b) Middle class	26	65
	c) Upper class	3	7.5
9	No. of children		
	a) One	24	60
	b) Two	7	17.5
	c) More than two	9	15
10	Who do you live with		
	b) Father	9	22.5
	c) Mother	7	17.5
	d) Parents	24	60
	e) Guardian	0	0
11	Do you have a good relationship with your parents?		
	a) Yes	40	100
	b) No	0	0
12	Area of residence		
	a) Urban	26	65
	b) Semi-urban	10	25
	c) Rural	4	10

Among the participants, a majority of adolescent girls fell in the age group of 15 years, 18 (45%), while 16 (40%) identified as Christian in terms of religion. About 18 (45%) fathers had attained a diploma as their highest level of education, while 27 (67.5%) mothers had completed their higher secondary education. Among the fathers, 20 (50%) were employed in the private sector, while 22 (55%) mothers were employed in the same sector. A total of 29 (72.5%) participants belonged to nuclear families, and 26 (65%) families were classified as middle class in terms of economic status. The majority of families had one child 24 (60%), and among those living with parents, both parents were present in 24 (60%) cases. Additionally, most of the participants reported having a good relationship with their parents 40 (100%), while 26 (65%) lived in urban areas.

Figure 1: Percentage distribution of level of anxiety among adolescent girls.



Figure 2: percentage distribution on level of depression among adolescent girls.

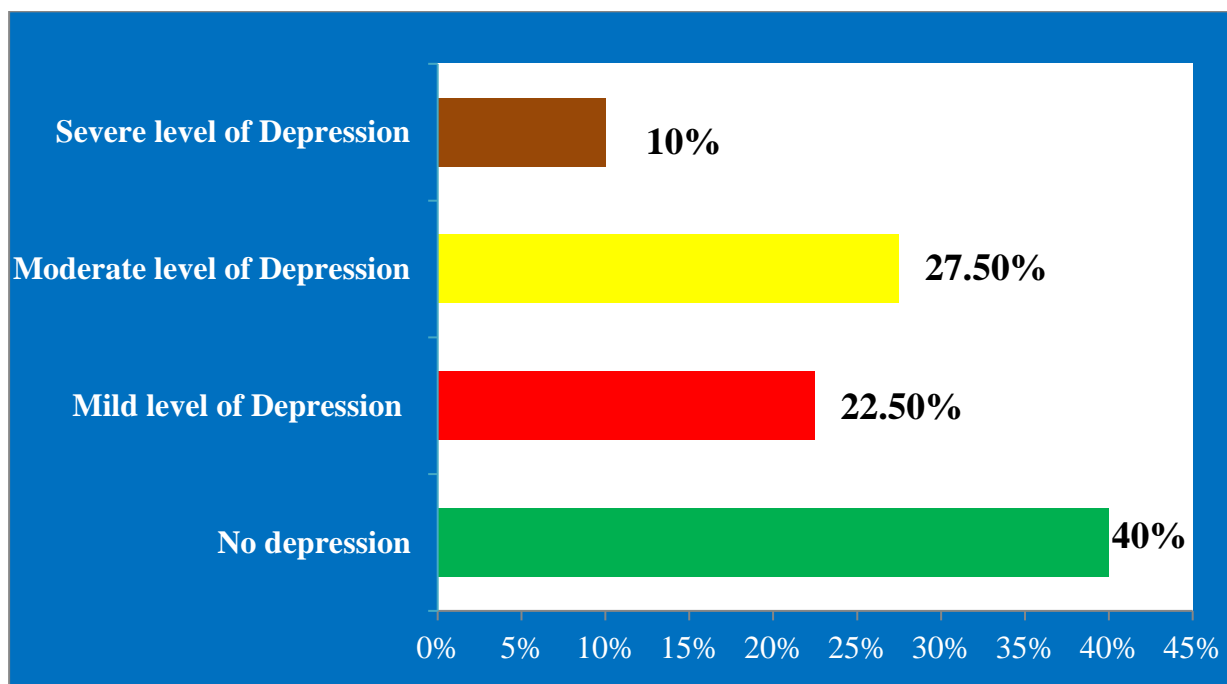


Table 2: Correlation between the parenting style and anxiety among adolescent girls.

N=40

S. No	Variables	Mean	SD	Correlation Co-efficient (r)
1	Authoritarian	19.4	2.9	r=0.354 Moderate Positive Correlation
	Anxiety	23.7	11.1	
2	Authoritative	55.9	5.3	r= - 0.452 Moderate Negative Correlation
	Anxiety	23.7	11.1	
3	Permissive	3.87	2.2	r= 0.246 Weak Positive Correlation
	Anxiety	23.7	11.1	
4	Uninvolved	19.5	2.6	r=0.269 Weak Positive Correlation
	Anxiety	23.7	11.1	

According to data from table 2, it can be observed that the average score for authoritarian parenting style was 19.4 with a standard deviation (SD) of 2.9, while the average score for anxiety was 23.7 with an SD of 11.1. The calculated correlation coefficient (r) was 0.354, indicating a moderate positive correlation between authoritarian parenting style and anxiety.

Similarly, the mean score for authoritative parenting style was 55.9 with an SD of 5.39, and the mean score for anxiety was 23.7 with an SD of 11.1. The calculated r value was -0.452, indicating a moderate negative correlation between authoritative parenting style and anxiety.

The mean score for permissive parenting style was 3.87 with an SD of 2.29, and the mean score for anxiety was 23.7 with an SD of 11.1. The calculated r value was 0.246, indicating a weak positive correlation between permissive parenting style and anxiety.

Finally, the mean score for uninvolved parenting style was 19.5 with an SD of 2.69, and the mean score for anxiety was 23.7 with an SD of 11.1. The calculated r value was 0.269, indicating a weak positive correlation between uninvolved parenting style and anxiety.

Table 3: Correlation between parenting style and depression among adolescent girls.

N=40

S. No	Variables	Mean	SD	Correlation Co-efficient (r)
1	Authoritarian	19.4	2.9	r=0.432 Moderate Positive Correlation
	Depression	25	8.4	
2	Authoritative	55.9	5.3	r= -0.527 Moderate Negative Correlation
	Depression	25	8.4	
3	Permissive	3.87	2.2	r= 0.320 Moderate weak Positive Correlation
	Depression	25	8.4	
4	Uninvolved	19.5	2.6	r=0.461 Moderate Positive Correlation
	Depression	25	8.4	

Table 3 indicates that for the authoritarian parenting style, the mean score was 19.4 with a standard deviation (SD) of 2.9, and for depression, the mean score was 25 with SD 8.4. The calculated correlation coefficient (r) was 0.432, indicating a moderate positive correlation between authoritarian parenting style and depression.

For the authoritative parenting style, the mean score was 55.9 with SD 5.3, and for depression, the mean score was 25 with SD 8.4. The calculated r value was -0.527, indicating a moderate negative correlation between authoritative parenting style and depression.

For the permissive parenting style, the mean score was 3.87 with SD 2.2, and for depression, the mean score was 25 with SD 8.4. The calculated r value was 0.320, indicating a weak positive correlation between permissive parenting style and depression.

For the uninvolved parenting style, the mean score was 19.5 with SD 2.6, and for depression, the mean score was 25 with SD 8.4. The calculated r value was 0.461, indicating a moderate positive correlation between uninvolved parenting style and depression.

Table 4: Association of level of depression among adolescent girls with selected demographic variables.

S. No.	Demographic variables	χ^2	df	'p-value
1	Age of the adolescents			
	a) 13 years	$\chi^2=2.255$	4	p= 0.688 NS
	b) 14 years			
	c) 15 years			
2	Religion			
	a) Christian	$\chi^2=3.957$	4	P=0.411 NS
	b) Hindu			
	c) Muslim			
3	Father's education			
	a) Graduate	$\chi^2=3.559$	8	P=0.894 NS
	b) Diploma			
	c) Higher secondary			
	d) High school			
	e) No formal education			
4	Mothers education			
	a) Graduate	$\chi^2=5.011$	8	P=0.756 NS
	b) Diploma			
	c) Higher Secondary			
	d) High school			
	e) No formal education			
5	Father's occupation			
	a) Self-employed	$\chi^2=4.934$	6	P=0.552 NS
	b) Private			
	c) Government			
	d) Unemployment			
6	Mother's occupation			
	a) Self-employed	$\chi^2=8.734$	6	P=0.189 NS
	b) Private			
	c) Government			
	d) Home maker			
7	Type of family			
	a) Nuclear	$\chi^2=4.275$	2	P=0.117 NS
	b) Joint			
8	Parents economic status			
	a) Lower class	$\chi^2=3.21$	4	P=0.521 NS
	b) Middle class			
	c) Upper class			
9	Number of children			
	a) One	$\chi^2=1.571$	4	P=0.813 NS
	b) Two			
	c) More than two			
10	Who do you live with			
	a) Father	$\chi^2=1.38$	6	

	b) Mother			P=0.966 NS
	c) Parents			
	d) Guardians			
11	Area of residence			
	a) Urban	$\chi^2=2.584$	4	P=0.629 NS
	b) Semi-urban			
	c) Rural			

Based on Table 4, the results indicate that there was no significant association between depression and the selected demographic variables, which included age, religion, father's education, mother's education, father's occupation, mother's occupation, type of family, parents' economic status, number of children, who the adolescent lives with, and area of residence, at $p < 0.05$.

Table 5: Association of the level of depression among adolescent girls with selected demographic variables.

S. No.	Demographic variables	χ^2	df	'p-value
1	Age of the adolescents			
	a) 13 years	$\chi^2=1.416$	4	P=0.841 NS
	b) 14 years			
	c) 15 years			
2	Religion			
	a) Christian	$\chi^2=1.601$	4	P=0.808 NS
	b) Hindu			
	c) Muslim			
3	Father's education			
	a) Graduate	$\chi^2=2.867$	8	P=0.942 NS
	b) Diploma			
	c) Higher secondary			
	d) High school			
	e) No formal education			
4	Mothers education			
	a) Graduate	$\chi^2=2.331$	8	P=0.969 NS
	b) Diploma			
	c) Higher Secondary			
	d) High school			
	e) No formal education			
5	Father's occupation			
	a) Self-employed	$\chi^2=1.584$	6	P=0.953 NS
	b) Private			

	c) Government			
	d) Unemployment			
6	Mother's occupation			
	a) Self-employed	$\chi^2=3.231$	6	P=0.779 NS
	b) Private			
	c) Government			
	d) Home maker			
7	Type of family			
	a) Nuclear	$\chi^2=0.038$	2	P=0.981 NS
	b) Joint			
8	Parents economic status			
	a) Lower class	$\chi^2=6.088$	4	P= 0.192 NS
	b) Middle class			
	c) Upper class			
9	Number of children			
	a) One	$\chi^2=11.106$	4	P= 0.05 S*
	b) Two			
	c) More than two			
10	Who do you live with			
	a) Father	$\chi^2=1.889$	6	P=0.929 NS
	b) Mother			
	c) Parents			
	d) Guardians			
11	Area of residence			
	a) Urban	$\chi^2=1.912$	4	P=0.751 NS
	b) Semi-urban			
	c) Rural			

N= 40

S- Significant

***=p < 0.5**

NS- Non-Significant

Table 5 indicates that a significant association was found between the number of children and depression at a $p < 0.05$ level. However, no significant association was found between other selected demographic variables, such as age, religion, father's education, mother's education, father's occupation, mother's occupation, type of family, parent's economic status, who you live with, and area of residence, at a $p < 0.05$ level.

Discussion:

This study aimed to explore the relationship between parenting style and psychological factors such as anxiety and depression. The results indicated that 38% of adolescent girls experienced no anxiety, while 30% had moderate, 20% had mild anxiety and 12% had severe anxiety, respectively. In terms of depression, 40% had none, while 27.5% has no depression, 22.5% had mild depression, and 10% had severe depression, respectively. The calculated r-values demonstrated that authoritarian, permissive, and uninvolved parenting styles were moderately positively correlated with anxiety ($r=0.354$, $r=0.246$, and $r=0.269$, respectively), while

authoritative parenting style was moderately negatively correlated with anxiety ($r=-0.452$). Moreover, authoritarian, permissive, and uninvolved parenting styles were moderately positively correlated with depression ($r=0.432$, $r=0.302$, and $r=0.461$, respectively), while authoritative parenting style was moderately negatively correlated with depression ($r=-0.527$). This study aimed to explore the relationship between parenting style and psychological factors such as anxiety and depression. The results indicated that 38% of adolescent girls experienced no anxiety, while 30%, 20%, and 12% had moderate, mild, and severe anxiety, respectively. In terms of depression, 40% had none, while 27.5%, 22.5%, and 10% had moderate, mild, and severe depression, respectively. The calculated r -values demonstrated that authoritarian, permissive, and uninvolved parenting styles were moderately positively correlated with anxiety ($r=0.354$, $r=0.246$, and $r=0.269$, respectively), while authoritative parenting style was moderately negatively correlated with anxiety ($r=-0.452$). Moreover, authoritarian, permissive, and uninvolved parenting styles were moderately positively correlated with depression ($r=0.432$, $r=0.302$, and $r=0.461$, respectively), while authoritative parenting style was moderately negatively correlated with depression ($r=-0.527$).

Conclusion:

The present study findings showed that adolescent girls who reported experiencing authoritative parenting style had lower levels of anxiety and depression, while those who reported experiencing authoritarian, permissive, and uninvolved parenting styles had higher levels of anxiety and depression compared to those who reported experiencing authoritative parenting style.

Recommendations:

Conduct a comparative study between rural and urban communities to assess the relationship between parenting style and psychological parameters among parents and adolescents.

Conduct a larger study with a diverse sample in different settings to validate the findings of this study and generalize the results.

Evaluate the effectiveness of Information, Education, and Communication (IEC) programs on parenting style and its impact on academic performance among parents and adolescents.

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