

Parenting Style in Relation to Mental Health among Female Adolescents

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Abstract

Behavioural problems of the children are said to be caused mainly because of the nurturance and child rearing styles of the parents. The increased level of stress and anxiety in the family surroundings, which in turn influence parent child relationship, is caused due to the disorganized parenting style. The present study is designed to examine the parenting style as a correlate of mental health among female adolescents. Female adolescents (N=70), studying in different schools of Delhi/ NCR has been taken as the sample of the study. Parenting style was assessed by Measure of Parental style (MOPS), Parker and mental health of adolescents by DASS. The finding of the study indicated a positive significant relationship between all the dimensions of parenting style of mother and mental health i.e., indifference parenting style of mother and stress ($r=0.346$); over controlling parenting of mothers and stress, ($r=0.350$); anxiety, ($r=0.400$), and depression, ($r=0.453$). A significant positive relationship also exist between indifference parenting style of mother and anxiety, ($r=0.284$). As far as the abuse parenting style is concerned, a significant positive relationship found with anxiety irrespective of gender (with father, $r=0.242$). (with mother, $r=0.431$). A significant relationship also exists between abuse parenting of mother and stress, ($r=0.252$); and depression ($r=0.332$). No significant relationship exist between any other constructs of parenting style of father and mental health.

It was reported by some of the adolescents suffering from various health issues like insensible, cold, pretentious behavior and unbearable words of their parents. Thus, the findings of this study can be implemented in tailoring adolescent health promotion interventions.

Keywords: Parenting style; Mental health; Adolescent

Introduction

Researchers since time have been concerned in how parents influence child development. Though, it is remonstrating to find finding substantial cause-and-effect relationship between particular actions of parents and later behaviour of children. Some children upraised in intensely diverse milieu are seemed to hold unusually equivalent personalities. Contrariwise, amazingly different personalities have found to be developed in the children who live in a same family and are brought up in the similar environments [1-4].

Parenting style

On a study with over 100 pre-school age children, Baumrind identified four important dimensions of parenting, by naturalistic observation, parental interviews and other research method [5]:

Disciplinary strategies:

- Warmth and nurturance
- Communication styles
- Expectations of maturity and control

On the basis of these dimensions, Baumrind [5] suggested that, one of three distinct parenting styles is exhibited by the majority of parents. Fourth parenting style was added by Maccoby and Martin [6] later in their research. The parenting styles as follows:

Authoritarian parenting: In this style of parenting, it is expected to follow the strict commands established by the parents to the children. Consequences of such failures resulted in the form of reprimands [7]. Authoritarian parents fail to clarify the reasoning behind such rules. Such parents are not approachable to their children and have great demands. These parents are obedience- and status-oriented, and expect their orders to be obeyed without explanation [8].

Authoritative parenting: Authoritarian and authoritative parents are almost similar in their way of behaving towards children, only the difference is, authoritative parents are more nurturing and forgiving rather than reprimanding, if their children fail to act up to their expectations. Baumrind [8] acclaims that such parent, monitor and impart clear standards for their children's conduct. They are assertive, but not intrusive and restrictive. Their disciplinary methods are supportive, rather than punitive. They want their children to be assertive as well as socially responsible, and self-regulated as well as cooperative".

Permissive parenting: Permissive parents, are also called indulgent parents, do not have much demands to make of their children. Since the expectations of maturity and self-control are little, these parents hardly discipline their children. Baumrind [8] have argued that permissive parents are more responsive than they are demanding. They are non-traditional and lenient, do not require mature behaviour, allow considerable self-regulation, and avoid confrontation. Permissive parents generally behave like friend more than that of a parent, and are usually nurturing and open with their children.

Uninvolved parenting: An uninvolved parenting style is characterized by limited demands, low responsiveness and little communication. Although, basic needs of the children get

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accomplished, but these parents are generally detached from their child's life. Sometimes, in extreme situations, even the basic needs of their child are neglected by such parents.

Mental health

Mental health is more than the mere lack of mental disorders. The positive dimension of mental health is stressed in WHO's definition of health as contained in its constitution: "Health is a state of complete physical, mental and social well-being and not merely the absence of disease or infirmity.

Adolescents with better mental health are physically healthier, demonstrate more socially positive behaviors and engage in fewer risky behaviors [9]. On the contrary, Brooks [10], suggested that adolescents who are more likely to engage in health risk behaviors are confronted with mental health problems, like depression.

Stress, depression, anxiety, grief, addiction, attention deficit hyperactive disorder, or learning disabilities, mood disorders, problems in relationship, or other mental illnesses of various forms, may be present in a person struggling with his or her mental health [11]. The novelground of overall mental health as emphasized by Patel and Prince, [12], is the area of study, research and practice that places a priority on improving mental health and achieving equity in mental health for all people worldwide.

Given below are the categorizations of mental illnesses [13]:

- Neurosis: Also referred to as psychoneuroses, neuroses are minor dysfunctional behaviors like OCD, anxiety disorder and phobias.
- Psychosis: Psychoses are major mental illnesses wherein thoughts, perception and judgment are impaired. It is marked by symptoms are delusions and hallucinations. Counseling techniques and psychotic drugs may be required to treat such illnesses.

Adolescents mental health

Mental health and solidity is an essential aspect of an individuals' basic existence. Social abilities, behavioral aptitudes, and somebody's mindset are only a portion of the things that the human brain fosters at an early age. Most mental health issues are analyzed in adulthood starts at puberty. Half of lifetime diagnosable mental illnesses begin by age 14; this number increments to three fourths by age 24 [14]. The capacity to oversee mental health issues, including substance use issues and learning issues can influence functioning of mature individualsadult, for example, social connections and investment in the workforce [15]. A dysfunctional behavior is an extensive variety of conditions that influence an individual's temperament, thought pattern, and actions. Around 26% of individuals in the United States, ages 18 and more, have been diagnosed to have some sort of mental illness.

Mental illness influences the individual themselves, as well as the population around them. Child's extended family and his/her peers have a very significant part in stability and treatment of mental health. On the off chance that the youngster is youthful, parents are the ones who assess their child and choose whether or not they require some sort of help [16].

Child parent relationship remains under consideration for many years. The researchers have studied these variables in different context.

Dwairy [17] have shown in their result thatauthoritarianparenting is not related with negative consequences for the young people's mental health in Arab societies as it is in the Western liberal societies.

Xiaf and Qian [18] have found in their examination with 127 young adults (aged 16–22 years) from territory China upheld the relationship of reviewed parenting styles (assessed by the EMBU) with youths' self-assessed health status (measured by the SCL90). Numerous psychosomatic symptoms and lower scores on records of general mental health were significantly associated with more elevated amounts of parental dismissal and refusal, punishing tendencies, overprotection and over-association and to lower levels of parental enthusiastic warmth and perception.

Plethora of recent researches on Indian parenting have shown a significant impact on child effects; such as academic achievement Lakshmi and Arora [19] emotional intelligence Shalini and Balakrishna [20], anxiety Thergaonkar and Wadekar [21], Depression Sharma and Yadava [22] and coping with emotion and stress Bhat and Aminabhavi [23].

According to Bakhla [24], female students scored significantly higher in total and all sub types of anxiety. Most of the students perceived their parents 'Democratic' and other two authoritarian and permissive type of parenting were almost equal. There was significantly higher anxiety among the students who perceived their parents as authoritarian.

Objectives

1. To assess parenting style and mental health of female adolescents.
2. To see the relationship between parenting style (indifference, abuse and over-control) of and mental health (stress, anxiety and depression).

Hypothesis

1. There would be a significant relationship between parenting style of mother (indifference, abuse and over-control) of and mental health (stress, anxiety and depression).
2. There would be a significant relationship between parenting style of father (indifference, abuse and over-control) of and mental health (stress, anxiety and depression).

Methods

Participants: 70 School going adolescents (females), studying in different schools of Delhi and NCR were served as the sample of the study.

Tools

Depression, anxiety, and stress scale (DASS): The DASS by Lovibond and Lovibond, [4] consist of 21 items with three dimensions. The reliability of the scale: 0.90 for anxiety, 0.95 for depression, 0.93 for stress and 0.97 for total. Validity and reliability of the tool among school going adolescents was well established [25]. Measure of Parental Style (MOPS). The MOPS by Parker [3] consists of 15 items with three subscales: parental indifference abuse, and over control.

Procedure: Informed consent was taken from all the participants and only the willing subjects were selected. They were convinced to maintain the confidentiality.

Results

In order to see the relationship between parenting style and mental health, Pearson product moment correlation coefficient was employed.

The above Table 1 indicated a significant positive relationship between indifference parenting style of mother and stress, ($r=0.346$), and anxiety, ($r=0.284$).

A significant positive relationship existed between abuse parenting style of mother and anxiety, ($r=0.431$), depression, ($r=0.332$) and stress, ($r=0.252$).

Regarding the over controlling parenting style of mothers is concerned a significant positive relationship exists with stress, ($r=0.350$); anxiety, ($r=0.400$) and depression, ($r=0.453$).

No significant relationship found between indifference parenting of mother and depression, ($r=0.185$).

Table 2 have depicted that there is a significant positive correlation between abuse parenting style of father and anxiety, ($r=0.242$).

Furthermore, no significant relationship exist between any other dimensions of parenting style of father and mental health.

Discussion

The present study was an endeavor to discover the relationship between parenting style (indifference, abuse and over-control) and mental health (stress, anxiety and depression) among female adolescents.

The finding of the present study have shown that there is a significant relationship between the dimensions (indifference abuse and over controlling) of parenting style of mother and the dimensions (stress, anxiety and depression) of mental health except between the indifference parenting of mother and depression. This finding is in accordance with anxiety.org, (2013) who have illustrated in their article that, youngsters with significant self-control were more likely to be anxious or depressed when parented by a controlling mother and fared better when their mothers gave them more independence. Conversely, children who were intrinsically lax experienced more symptoms of anxiety and depression when their mothers exhibited a hands-off parenting style. Jambunathan and Counselman [26], in a comparative study done among mothers in India and Indian mothers living in America authors show that mothers in India use authoritarian parenting styles compared to Indian mothers living in America.

	Stress	Anxiety	Depression
Indifference Parenting (mother)	0.346**	0.284*	0.185
Abuse Parenting (mother)	0.252*	0.431**	0.332**
Over-controlling parenting (mother)	0.350**	0.400**	0.453**

** . significant at 0.01 level.

* . significant at 0.05 level.

Table 1: Correlation coefficient between parenting style of mother and mental health.

	Stress	Anxiety	Depression
Indifference Parenting (father)	0.186	0.163	-0.017
Abuse Parenting (father)	0.114	0.242*	0.060
Over-controlling parenting (father)	0.101	0.078	0.068

** . significant at 0.01 level.

* . significant at 0.05 level.

Table 2: Correlation coefficient between parenting style of father and mental health.

The finding of the present study have demonstrated that there is a significant relationship between the measurements (indifference abuse and over controlling) of parenting style of mother and the measurements (stress, anxiety and depression) of mental health apart from between the the indifference parenting of mother and depression. This finding is in accordance with anxiety.org, (2013), who has enunciated that youth's with substantial self-control will probably be on anxious or depressed when upraised by a controlling mother and fared better when their mothers gave them more freedom. On the other hand, kids who were characteristically careless experienced more symptoms of anxiety and depression when their mothers displayed an indulgent parenting style.

Thus, H_1 which stated that, there would be a significant relationship between parenting style of mother (indifference, abuse and over-control) and mental health (stress, anxiety and depression) is partially accepted.

The results of this study have also revealed that there is a significant positive correlation between abuse parenting style of father and anxiety. In case of parenting style of father no other dimensions (indifference abuse and over controlling) of parenting style of father and the dimensions (stress, anxiety and depression) of mental health are significantly correlated. Thus, H_2 which stated that, there would be a significant relationship between parenting style of father (indifference, abuse and over-control) of and mental health (stress, anxiety and depression) is partially accepted. This finding is bolstered by the investigation of Shalini and Balakrishna Acharya [20] who considered the impact of perceived paternal parenting styles on emotional intelligence of adolescent, findings of which have shown; that girls with their counterparts (boys) see their fathers to be more authoritative towards them. Findings of Rizvi and Najam [27-30] is also in accordance of the present finding, which revealed that psychological abuse by parents significantly related with mental health problems in adolescents.

It was reported by some of the adolescents that due to negative style of parenting they have developed negative attitudes and habits [31-33].

Conclusion

The findings of this study helps in spreading the awareness among parents regarding their parenting style as there is relationship between the child's mental health and different kinds of parenting style. Abusive parents had a negative impact on their children's mental health and it causes lasting damage and must be stopped. It is challenging to change the way parents behave with their children. Attitudes and habits are hard to break. On the other hand children are likely to resist change. But it can be done with little efforts to build a better relationship.

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