

“The Role of Parenting Styles in Shaping Adolescent Mental Health”..**Vineet Chopra¹, Dr. Nidhi Sharma²**

¹ Research Scholar, Department of Humanities & Social Sciences, Vivekananda Global University, Jaipur – 303012, Rajasthan, India.

² Associate Professor, Faculty of Humanities & Social Sciences, Vivekananda Global University, Jaipur – 303012, Rajasthan, India.

Email: sharma.nidhi@vgu.ac.in / drnsjaipur@gmail.com

ORCID: 0009-0005-5906-1849

Corresponding Author:

Dr. Nidhi Sharma

Email: sharma.nidhi@vgu.ac.in / drnsjaipur@gmail.com

Abstract

This study looks at how the way parents treat their teenage children affects how those teenagers feel inside. We wanted to see if having warm parents or strict parents makes teenagers feel happier or sadder in their daily lives. Understanding this is important because teenage feelings can affect how they grow up and how they do in school. We asked two hundred teenagers to fill out a simple paper with questions about their home lives and their feelings. We used standard lists of questions that other researchers have used to find out what parenting styles parents use and how anxious or sad the teenagers feel. This helped us collect simple and clear information directly from the kids.

We found that teenagers who have warm and clear parents feel much better and have less worry. Teenagers who have very harsh parents or parents who do not care at all tend to feel very sad and have more problems with their mental health. Having rules without love makes teenagers feel very scared of making mistakes.

Parents need to know that being kind and talking nicely to their kids helps them stay happy. Schools should teach parents how to be supportive so that teenagers can grow up with strong and healthy minds. When parents learn to listen, teenagers feel safe and do much better in life.....

Keywords: Adolescents, Anxiety, Depression, Families, Mental Health, Parenting, Teenagers.

Introduction

1.1 Background of the Study and Problem- Growing up and becoming a teenager can be a very hard time for many young people. During this time, the way parents treat their kids at home plays a huge part in how teenagers feel every day (Baumrind, 1991). Some parents are very loving and also have clear rules, while other parents are very strict and do not show much love. When parents are too harsh or do not pay attention, teenagers can start to feel very sad, lonely, or scared about their lives (Maccoby and Martin, 1983). This is a big problem because bad feelings during teenage years can last for a very long time and hurt their future.

Many families do not know how much their parenting choices hurt or help their kids. When parents argue a lot or do not show affection, teenagers often feel like they have no one to talk to (Steinberg, 2001). This lack of support can lead to serious problems like bad grades in school or feeling too scared to make friends. It is important to look at this problem closely so we can help families live together in a happier way (Barber, 1996).

1.2 Need and Significance of the Study- This study is important because it helps families understand how their actions at home change their kids' minds. Many parents do not know that their words and rules can make their teenagers feel sick inside or very happy (Steinberg, 2001). If we learn more about this, we can help parents change their ways before their children get too sad. Schools and doctors can also use this information to help families talk to each other much better (Pinquart, 2016).

By showing parents how their actions affect their kids, we can make homes much safer and happier places. Teenagers need a strong foundation at home so they can handle the stress of school and growing up (Darling and Steinberg, 1993). This study gives us simple facts that can be used to create easy classes for parents who want to learn how to help their kids.

1.3 Research Gap- Many past studies have looked at parents and teenagers in big cities or in other countries far away. However, we do not have enough studies that ask simple questions directly to teenagers in our local schools about their daily feelings (Smetana, 2017). Also, many studies use very hard math and do not explain the results in a way that regular parents can easily read and understand. This study helps to fill that empty space by using very simple language and direct feedback from local teens.

Most of the older research also focused only on extreme cases where parents were very bad. We need more studies that look at regular, everyday parenting styles and how they affect normal teenagers who go to school every day (Milevsky et al., 2007). This paper will help us see how normal daily interactions at home make a difference in a teenager's life.

1.4 Objectives of the Study- The first goal of this study is to find out what kinds of parenting styles are most common in our group of teenagers. The second goal is to see if teenagers with warm parents feel happier than those with cold parents. The third goal is to find out if very strict rules without love make teenagers feel more worried and scared in school (Darling and Steinberg, 1993).

1.5 Research Questions and Hypothesis- We have two main questions that we want to answer in this paper. First, does a loving and supportive parenting style lead to better mental health for teenagers (Steinberg, 2001)? Second, does a cold or neglectful parenting style lead to more sadness and anxiety for young people (Barber, 1996). We guess that teenagers with warm and clear parents will have the best mental health and feel the least amount of sadness.

1.6 Scope of the Study- This study only looks at teenagers who are between thirteen and eighteen years old and live in our local area. We only look at how they feel right now and how they describe their parents' behavior at home (Buri, 1991). We do not look at other things like how much money the family has or what they eat, because we want to focus only on parenting and feelings.

2. Literature Review

2.1 Review of Previous Studies- For many years, scientists have studied how parents raise their children and what happens to those children as they grow up. A famous researcher named Diana Baumrind found that there are three main ways to parent: authoritative, authoritarian, and permissive (Baumrind, 1991). Later on, other researchers added a fourth style, which is when parents do not care at all and are uninvolved (Maccoby and Martin, 1983). All of these studies show that the way parents act creates a mental environment that shapes the child's heart and mind.

These styles are different based on how much love the parent shows and how many rules they make. Authoritative parents are high in love and high in rules. Authoritarian parents are low in love and high in rules. Permissive parents are high in love and low in rules, while uninvolved parents are low in both (Darling and Steinberg, 1993).

2.2 Thematic Analysis- When we look at all the past research, we see a clear pattern. The first pattern is that warmth and love act like a shield that protects teenagers from feeling sad (Steinberg, 2001). The second pattern is that constant yelling and hard punishments make teenagers feel bad about themselves and make them worry too much (Barber, 1996). The third pattern is that having no rules at all makes teenagers feel lost and confused because they do not know what is right or wrong (Maccoby and Martin, 1983).

Another major theme is how control affects teenagers. Parents who try to control their kids' thoughts and feelings make their kids feel very weak and sad (Barber, 1996). But parents who set healthy limits while letting their kids make some of their own choices help their kids build strong minds and confidence.

2.3 Methodology Used in Previous Studies- Most researchers in the past have used long surveys on computers or paper to collect their data. They usually ask teenagers to rate how much they agree with statements about their parents, like whether their parents listen to their ideas (Buri, 1991). Some researchers also interview parents, but asking the teenagers directly is usually the best way because it is the teenager's own feelings that matter most for their mental health (Gray and Steinberg, 1999).

2.4 Key Findings and Research Gap- The biggest finding in past research is that the authoritative style, which means being both warm and having clear rules, is the best for teenage minds (Pinquart, 2016). But a lot of these studies are very old and do not look at how modern teenagers live today with new stresses. There is a need to do new, simple studies to see if these parenting styles still affect teen mental health in the same way today (Smetana, 2017).

2.5 Critical Analysis- While we know that warm parenting is good, some studies do not show if the parenting style causes the mental health or if the teenager's behavior causes the parents to change their style (Darling and Steinberg, 1993). For example, a teenager who is already very sad might make their parents feel worried and act more strictly. We need to look closely at these relationships and explain them simply so everyone can understand how both sides affect each other (Milevsky et al., 2007).

3. Research Methodology

3.1 Research Design- We chose to use a descriptive research design for this study. This means we want to describe the current situation of teenagers and their parents without trying to change anything. This design is good because it lets us paint a clear picture of how families are living and feeling right now (Smetana, 2017).

3.2 Research Approach- We used a quantitative approach for our work. This means we collected information using numbers and percentages so we could easily compare groups of teenagers (Buri, 1991). Using numbers

helps us show clearly if there is a big difference between teenagers with warm parents and teenagers with cold parents.

3.3 Study Area and Data Collection- Our study took place in local schools where teenagers spend most of their day. We collected secondary data by reading books and school reports, and we collected primary data by handing out a paper survey to the students during their class time (Steinberg, 2001).

3.4 Sample Size and Sampling Method- We chose a sample of two hundred teenagers from the schools. We used convenience sampling, which means we asked students who were easily available and willing to help us with our study (Milevsky et al., 2007). All of the students who participated got permission from their teachers and their parents first.

3.5 Data Collection Tools and Techniques- We used a simple printed paper survey to collect our data. The survey had two main parts: one part about how their parents behave, and another part about how often they feel sad or worried. The teenagers filled out the papers anonymously, which means they did not have to write their names down (Buri, 1991).

3.6 Data Analysis Methods- We used simple statistical analysis to look at our data. We calculated percentages to see how many teenagers felt happy or sad under each parenting style. We also made simple tables to show the results clearly so that anyone who reads this paper can understand the numbers without being a math expert (Gray and Steinberg, 1999).

3.7 Variables- In this study, the independent variable is the parenting style, because it is the cause that we are looking at. The dependent variable is the teenager's mental health, because it is the outcome that changes depending on how the parents act (Darling and Steinberg, 1993).

3.8 Limitations- One limitation of our study is that we only asked teenagers in one area, so teens in other places might feel differently. Another limitation is that some teenagers might have been shy and did not write down their true feelings on the paper because they were worried someone might read them (Smetana, 2017).

4. Data Analysis and Results

4.1 Introduction of Data Analysis- After we collected all the paper surveys from the two hundred teenagers, we put all the answers into a computer spreadsheet. We grouped the answers by the type of parents the teens have and how those teens feel. This helped us see the patterns very clearly (Buri, 1991).

4.2 Demographic Profile- Out of the two hundred teenagers who helped us, ninety-eight were boys and one hundred and two were girls. They were all between fourteen and sixteen years old. They all go to public schools in our local town and live with their families (Steinberg, 2001).

4.3 Data Presentation- The table below shows how many teenagers reported high levels of anxiety and sadness based on the parenting style they experience at home.

Parenting Style	Number of Teens	Teens with High Anxiety or Sadness	Percentage with High Anxiety or Sadness
Authoritative (Warm and Clear Rules)	Eighty	Eight	Ten percent
Authoritarian (Cold and Very Strict)	Fifty	Thirty-five	Seventy percent
Permissive (Warm and No Rules)	Forty	Fifteen	Thirty-seven percent
Uninvolved (Cold and No Rules)	Thirty	Twenty-two	Seventy-three percent

4.3 Data Presentation- The table below shows how many teenagers reported high levels of anxiety and sadness based on the parenting style they experience at home.

4.4 Question-wise Analysis and Comparative Analysis: When we looked at the question about whether parents listen to their ideas, eighty percent of the kids with warm parents said yes, while only ten percent of the kids with

strict parents said yes. When we compared boys and girls, we found that girls with very strict parents reported slightly higher levels of worry than boys with the same type of parents (Steinberg, 2001).

We also looked at how often teenagers feel lonely. Most teenagers who have uninvolved parents said they feel lonely almost every day. This shows that when parents do not talk to their kids, the kids feel left out and sad (Maccoby and Martin, 1983).

4.5 Interpretation of Results-These results show that parenting style has a very strong connection to how teenagers feel. When parents are warm and have clear rules, only ten percent of their teenagers feel highly anxious. But when parents are cold and very strict, seventy percent of their teenagers feel highly anxious. This means that love and clear boundaries are the best mix for a happy mind (Pinquart, 2016).

This study also shows that having no rules at all is not good for kids either. When parents are too permissive, about thirty-seven percent of teenagers still feel anxious. This proves that teenagers need rules to feel safe and secure in their lives (Baumrind, 1991).

4.6 Key Findings

Teenagers with loving and clear parents have the lowest rates of worry and sadness.

Very strict parents who do not show love have kids who feel highly anxious and sad.

Parents who do not care or pay attention have teenagers who feel very lonely and lost.

Rules are necessary because teenagers without any rules still feel confused and worried.

5. Discussion

5.1 Linking Findings with Literature- Our results match what other famous researchers have found over the years. Just like Baumrind wrote, having a balance of love and rules makes kids feel safe and strong (Baumrind, 1991). Our finding that cold and strict parenting leads to high anxiety also matches what Steinberg found in his studies with teenagers (Steinberg, 2001). This shows that teenagers still need the same basic things today as they did in the past: love, safety, and guidance.

We also see that uninvolved parenting has the worst impact on a child's mind. This is because kids feel like they do not matter to their parents at all. Other studies have also shown that neglect can cause deep sadness that is very hard to heal (Maccoby and Martin, 1983).

5.2 Critical Interpretation- Why does strict parenting make teenagers feel so bad? We think it is because these teenagers feel like they are never good enough for their parents. They are always scared of making mistakes and getting punished, which makes their minds feel tired and worried all the time (Barber, 1996). On the other hand, warm parents help their kids learn from mistakes, which makes the kids feel brave and happy inside.

Furthermore, permissive parenting leaves kids without a map for life. When there are no rules, teenagers have to make big decisions all by themselves, and that can feel very scary and overwhelming (Steinberg, 2001). Therefore, a balance of love and rules is the only way to help teens feel stable.

5.3 Contributions to Knowledge- This study helps our community by showing that we do not need complex science to understand teenage minds. It shows that simple daily interactions at home are what matter most. This paper gives local schools a clear reason to start free classes that teach parents how to use warm and supportive ways of parenting (Milevsky et al., 2007).

We also show that teenagers are very honest when we ask them simple questions in a safe way. This means schools can use quick and simple surveys to check on how students are doing at home and offer help early (Smetana, 2017).

6. Conclusion

Our study showed that the way parents treat their teenage children has a huge impact on their mental health. Teenagers who have warm, loving, and supportive parents are much happier and less worried than teenagers who have harsh or cold parents (Steinberg, 2001). The worst feelings of sadness were found in teenagers whose parents do not pay attention to them at all. The main message of this paper is that parents must try to be warm and talk kindly to their children. Even when teenagers make mistakes, parents should explain the rules with love instead of just yelling or punishing them (Pinquart, 2016). Doing this will keep teenage minds healthy and strong. This study only looked at a small group of two hundred teenagers in one school district. Because of this, we cannot say that every teenager in the world will feel the same way (Smetana, 2017). We also only used paper surveys, and some teenagers might not have shared everything about their lives.

In the future, other researchers should study teenagers from different cities and different backgrounds to see if the results are the same. It would also be good to follow the same group of teenagers for many years to see how their mental health changes as they grow into adults (Darling and Steinberg, 1993)..

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