

Gender difference on parenting styles and effects on psychological well-being among high school students

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ABSTRACT

Adolescents are searching to find some forms of identity and meaning of life. They are a unique group with a wide range of difficulties and challenges to play a pivotal role in the psychosocial development of adolescents. Parenting is of central importance in empowering developmental crises, academic pressures, family conflicts, abuses, and negative peer influence. The study aimed to identify the influence of parenting styles on the psychological wellbeing of adolescents. The sample size consists of 107 adolescents (boys –58, girls – 49) randomly drawn from 8th standard to 10th standard students. Parenting styles Questionnaire and Psychological Well-being Questionnaire were used. The results revealed a significant correlation between various dimensions of psychological well-being and different types of parenting styles. The significant difference in various dimensions of parenting style and psychological well-being was found for groups of adolescents categorized based on the stage of adolescents. The beneficial impacts of Utopian expectation vs realism, in mother parenting and Lenient standard vs moralism styles are highlighted in both parenting among boys and girls group. Father and mother Reject vs acceptance parenting styles and Faulty role expectations effects on anxiety and also average energy indicated on adolescent boys and girls.

Keywords: *Observational Learning, Empathy, Self-Esteem, Life Skills, Learning*

Adolescence is an exciting and dynamic period for young people. No developmental period brings with it such a remarkable transformation in the child as adolescence. As adolescents are faced with physical changes and cognitive development they are constantly renegotiating their relationships with family, friends, school, and community. It is a transition from dependence to independent relationships with parents. The style of parenting can play an important role in helping adolescents to face this great challenge. (Mckinney & Renk, 2008). On the current scenario, parents perceive that they have the best intentions in raising their children, most of the time they blame the children for being how they are. Unfortunately, it is the parents who had used unfavourable child-rearing practices. Parents learn child-rearing practices good/unfavourable from their parents and implement it unconsciously or consciously on their children trying to bring out the best. Parents give the least importance to the thought that the conditions in which they and the children are growing are different. In

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present times children grow up in a nuclear family with no support from grandparents or at times with one or no siblings. They are now the centre of the parent's universe, where the children have to deal with pressures of fulfilling their parent's expectations which most of the time are unrealistic. Many children today are alone or with Baby sitters most of the time. Parents try to substitute their presence with expensive toys or the immediate gratification of their children's whims and fancies.

The term psychological wellbeing (PWB) connotes a wide range of meanings, usually associated with wellness. Most studies in the past defined „wellness“ as not being sick, as an absence of anxiety, depression or other forms of mental problems. PWB includes esteem, positive affect, daily activities, satisfaction, absence of suicidal ideas, personal control, social support, absence of tension, and general efficiency (Bhogle and Prakash, 1995) Carol Ryff (1988) proposed the well-being model with six components -Self-acceptance, Purpose in Life, Personal Growth, Positive relation with others, Environmental mastery, autonomy. Parenting style influences the psychological well-being and personality of adolescents. Parenting Style and Psychological Well-Being Authoritarian parenting lead to adolescent aggressiveness, conduct disorders, and rebellion. (Lanborn & Steinberg 1993)¹⁰. Children of indulgent parents had low hope, higher psychoticism, involved in drug use, development of conduct disorder and antisocial personality (Baumrind, 1966)¹¹. Adolescents from neglectful parents show symptoms of depression, behaviour problems (Crittenden et al., 1994), impulsive, involve in delinquent behaviour, drug abuse (Steinberg 2001) Adolescents today encounter difficulties and more life challenges than the previous generation, yet they are provided less guidance and intervention for their personal development. (Pajares & Urdan, 2004, p.3) The biological and psychological turmoil within the adolescent and other factors like family system, parenting, poverty, child abuse, socioeconomic status, school environment, peer pressure, etc. aggravate the problems faced by adolescents. Thus mental, social and behavioural correlates of health problems have resulted in a lowered quality of life. A variety of signs may point to mental health problems or serious emotional disturbances in adolescents, leading to disruption of emotional and adjustment functioning. According to a report by UNICEF 2012,¹⁵ each year 20 per cent of adolescents experience mental health problems. As per the report by Social inclusion of youth with mental health conditions, 20 per cent of youth experience mental health condition each year on a global level. (United Nations children's fund 2012). UNICEF 2009¹⁶ states that young people below 25 years of age represent almost 50 per cent of the world's population. India has the largest population of adolescents in the world with 243 million individuals aged between 10 -19 years. If such a large population is at the threshold of suffering from mental illness, this requires immediate attention for some intervention strategies. Research evidence indicates that the single most consistent predictor of adolescent mental health and wellbeing is the quality of the relationship the young people have with their parents. (Resnick et al., 1997)¹⁷. Positive parenting practices delay risk behaviour in risk naive youth, moderate behaviour in risk experienced youth and promote optimal youth development.

LITERATURE REVIEW

Ibironke & Donald (2015) have investigated the extent of personality factors, dispositional wellbeing among undergraduates; they argued that only openness of personality factor significantly predicted psychological well-being of undergraduate while extraversion, agreeableness, conscientiousness, and neuroticism had no significant prediction on psychological well-being. Moreover, personality factors, dispositional optimism, and single parenting showed a joint prediction of psychological wellbeing.

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Akhtar, (2015) examined the psychological well-being of gender differences. The findings of the study revealed significant differences in the levels of psychological well-being among students. Siddiqui, S (2015 impact on psychological well-being.) conducted a study on Gender differences between assertiveness and Psychological well-being among university students. The study revealed a significant difference between male f female for psychological well-being. Bano (2014) Results showed no significant difference between men and women concerning meaning in life variables. Hasnain et a., (2014) found a significant difference in young adults Assames Males and Females on Psychological Well- Being and Happiness. Gencoz& Ozlale, (2014) also conducted a study on the impact of social support on psychological well-being at the university level and come out with results that social support associated with appreciation showed the impact on psychological well-being. Relations with others, and purpose in life. However, no gender differences were found concerning the positive effect, negative effect and mother relationship. Parenting and well-being reviews resulted that Masoud Gholamali Lavasani et all, study finding may represent that the parents have a great tendency to supply all needs felt by their children. They do not allow their children to gain experience. So, all parents and those who have responsibilities to develop the students, boys or girls are recommended that they should allow them to gain experience to learn in the future about what would be the consequences of their decisions. M.Arulsubila & R.Subasree's study resulted that Psychological well-being and life skills are promoted by positive parenting. Children reared by this parenting style will be happy and confident and face challenges of life, thus will contribute to the healthy well-being and progress of the nation. The present study concludes that interventions of life skills, when given to will, influence their Parenting style and thus improve the life skills of adolescents and enhance psychological well-being. The study recommends for parenting programs for parents of adolescents for transforming adolescents into physically and psychologically healthy adults. Anati. Community and Mental Health, Jordan University of Science and Technology, Irbid, Jordan's study explained that Conclusion Jordanian parenting styles had a positive impact on adolescents' self-esteem, and academic achievements, while, it harmed adolescents' mental health. Marikutty. P. J, & Joseph, M. study results obtained in the present study highlight the significance of parenting style in the psychological well-being of adolescents. The results also point towards the role of gender, place of residence and extracurricular activities in promoting the well-being of adolescents.

METHODOLOGY

Aim:

To find the influence of parenting styles on the psychological well-being of among. Adolescent boys and girls.

Procedure for Data Collection

The research design adopted for this study is the probability random sampling technique and survey method. Adolescent students aged 14 – 17 years of adolescent students in private and government schools. The Sampling Technique selected a simple random sampling method was used where 107 students were administered parenting styles scale and well-being scale Scales of Psychological Well Being The scale was developed by Bradley(1990) This scale has twenty-two item of psychological well-being constructed to measure the four dimensions of depression, anxiety, energy and positive thinking based on Likert scale(3: all the time, 2: some times, 1: rarely, 0: not at all) The Cronbach alpha coefficient for each of the six-item subscale indicated satisfactory internal consistency (Bradley 1990) the construct validity of the scale was assessed by correlating the scale with other variables collected at the

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time of studies. Scales of Parenting styles The scale was developed by R.L.Bharadwaj et al. This scale has forty items of parent rearing questions constructed to measure the seven parenting styles of rejection vs acceptance, careless vs protection, neglect vs indulgence, utopian expectation vs realism, lenient standard vs moralism, freedom vs discipline, faulty role expectation vs realistic role expectation. Likert scale five-point rating scale.

Table-1: Frequency Distribution of participants as on Gender

| | | Frequency | Percent | Valid Percent | Cumulative Percent |
|-------|--------|-----------|---------|---------------|--------------------|
| Valid | Male | 59 | 55.1 | 55.1 | 55.1 |
| | Female | 48 | 44.9 | 44.9 | 100.0 |

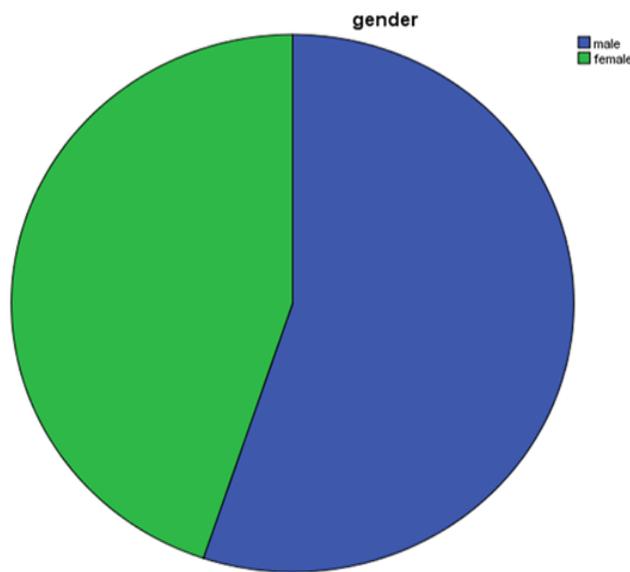
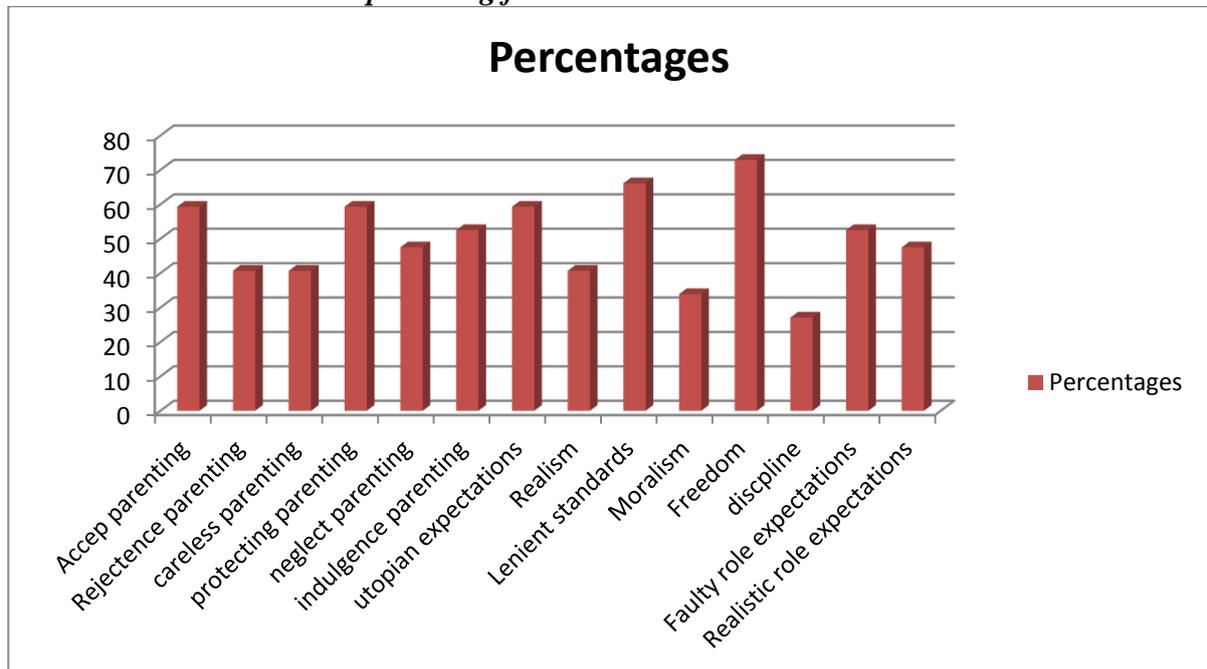


Table & Picture-1: Mother parenting for Adolescent Male Gender

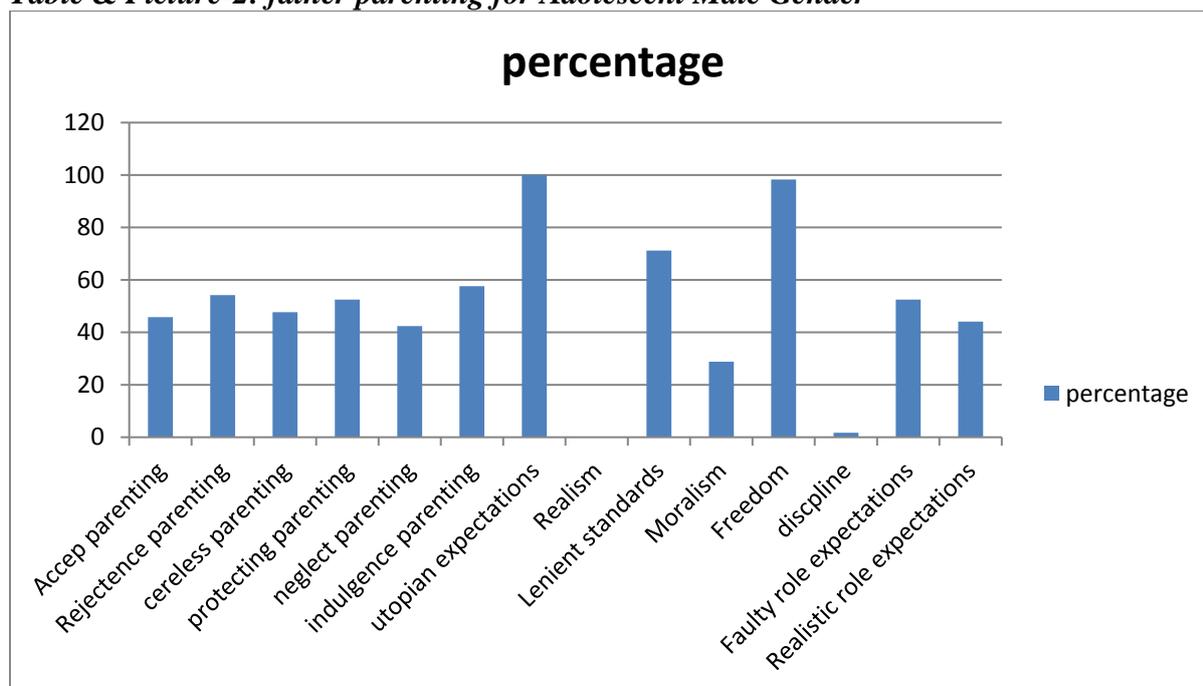


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| Mother parenting | Percentages |
|-----------------------------|--------------------|
| Rejecting parenting | 59.3 |
| Acceptance parenting | 40.7 |
| careless parenting | 40.7 |
| protecting parenting | 59.3 |
| neglect parenting | 47.5 |
| indulgence parenting | 52.5 |
| utopian expectations | 59.3 |
| Realism | 40.7 |
| Lenient standards | 66.1 |
| Moralism | 33.9 |
| Freedom | 72.9 |
| discipline | 27.1 |
| Faulty role expectations | 52.5 |
| Realistic role expectations | 47.5 |

The bar chart illustrates the various parenting styles applied by the mothers on the male gender. It can be said that majority of rejecting (59.3%), freedom parenting (72.9%) with lenient standards (66.1%) and faulty role (52.5%), utopian role expectations (59.3%) signified with various percentages.

Table & Picture-2: father parenting for Adolescent Male Gender



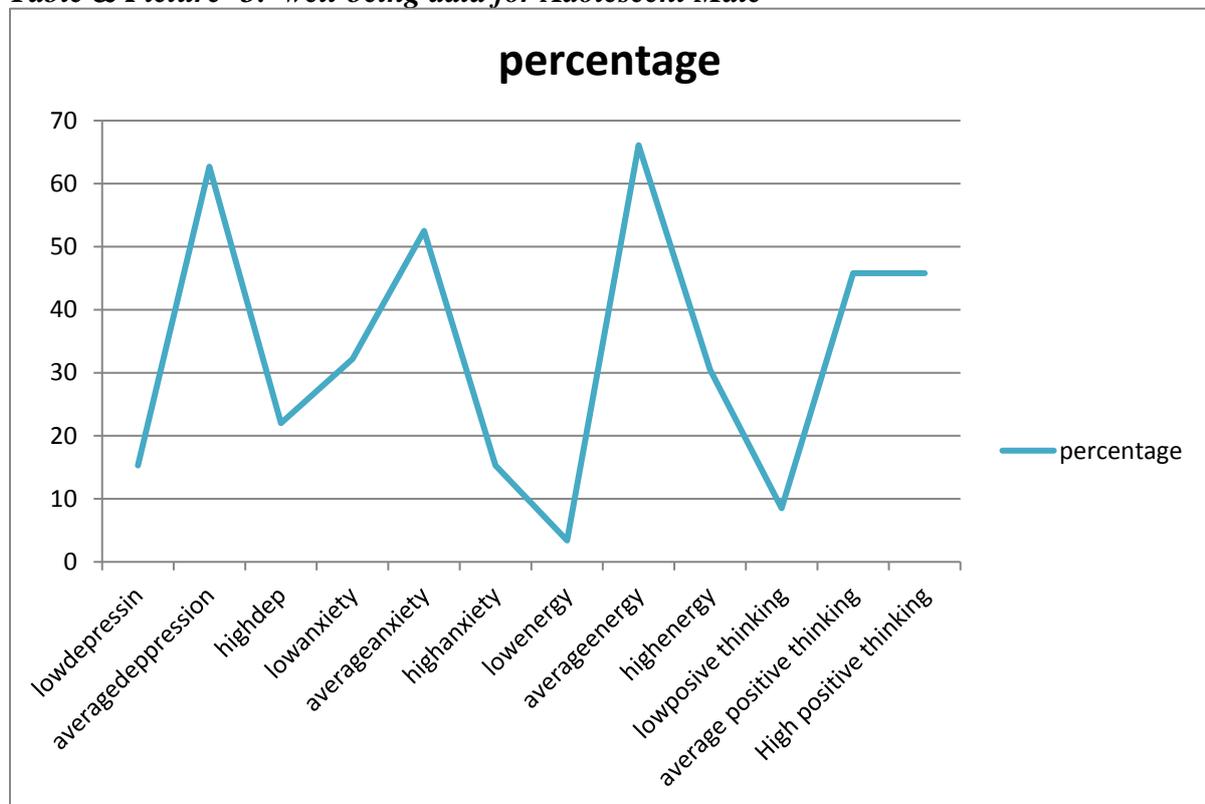
| Father parenting | Percentage |
|-------------------------|-------------------|
| Accep parenting | 45.8 |
| Rejectence parenting | 54.2 |
| cereless parenting | 47.7 |
| protecting parenting | 52.5 |

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| Father parenting | Percentage |
|-----------------------------|-------------------|
| neglect parenting | 42.4 |
| indulgence parenting | 57.6 |
| utopian expectations | 100 |
| Realism | 0 |
| Lenient standards | 71.2 |
| Moralism | 28.8 |
| Freedom | 98.3 |
| discipline | 1.7 |
| Faulty role expectations | 52.5 |
| Realistic role expectations | 44.1 |

The bar chart illustrates the various parenting styles applies by the fathers on the male gender. It can be said that majority of Utopian expectations(100%) ,with Lenient standards(71.2%%) along with complete freedom in the absence of Discipline practices (1.7% %) and faulty role(52.5%), utopian role expectations(59.3%) signified with various percentages.

Table & Picture -3: well-being data for Adolescent Male



| well-being domains | Percentage |
|---------------------------|-------------------|
| Low depression | 15.3 |
| Average depression | 62.7 |
| High depression | 22 |
| Low anxiety | 32.2 |
| Average anxiety | 52.5 |
| High anxiety | 15.3 |

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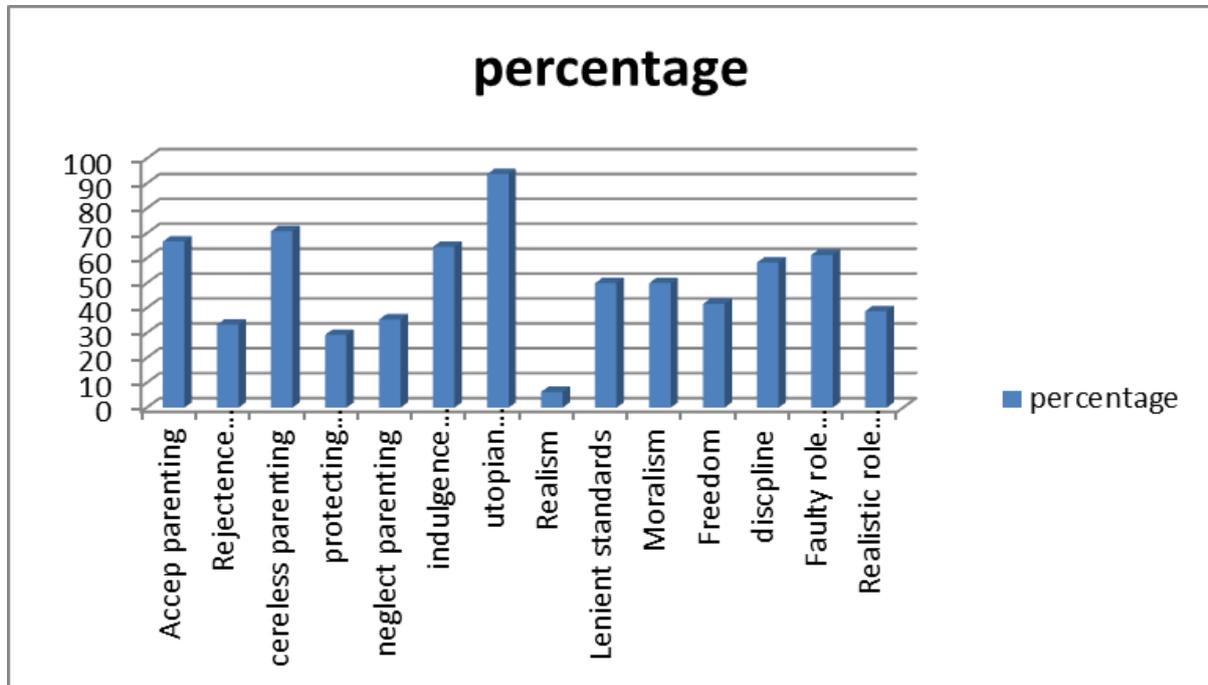
| well-being domains | Percentage |
|---------------------------|------------|
| Low energy | 3.4 |
| Average energy | 66.1 |
| 13-18highenergy | 30.5 |
| Low positive thinking | 8.5 |
| average positive thinking | 45.8 |
| High positive thinking | 45.8 |

The bar chart illustrates the various well-being dimensions shown significant on the male gender. It can be said that the majority of male adolescents shown significant average energy @66.1%, with average depression @62.7% along with average positive thinking(@45.8% and anxiety@59.3% with various percentages.

Table & Picture-4: father parenting for Adolescent Female Gender

| Mother parenting | Percentage |
|-----------------------------|------------|
| Rejectence parenting | 33.3 |
| Acceptance parenting | 66.7 |
| careless parenting | 41.7 |
| protecting parenting | 58.3 |
| neglect parenting | 29.2 |
| indulgence parenting | 70.8 |
| utopian expectations | 72.9 |
| Realism | 27.1 |
| Lenient standards | 56.3 |
| Moralism | 43.8 |
| Freedom | 62.5 |
| discipline | 37.5 |
| Faulty role expectations | 64.6 |
| Realistic role expectations | 35.4 |

FEMALE MOTHER PARENTING STYLES

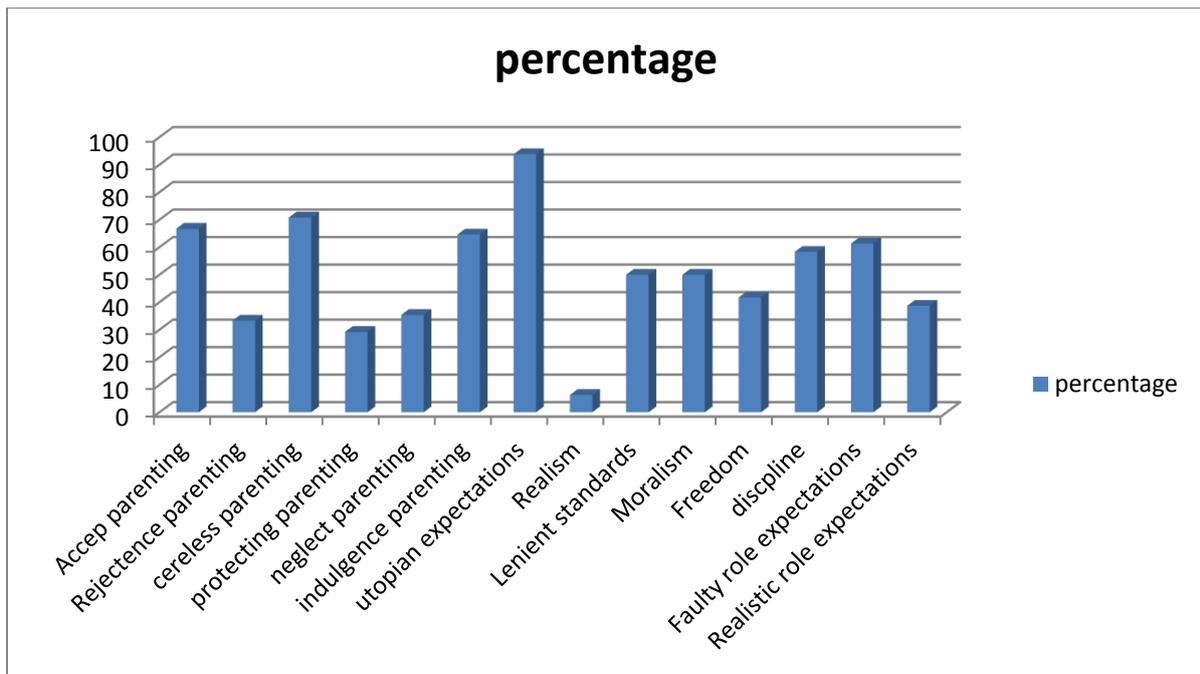


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As shown by The bar chart illustrates the various parenting styles applies by the mothers on the female gender. It can be said that majority of Utopian expectations(@72%) ,with Indulgent parenting(70.8%) along with acceptance parenting (66.7% %)as Faulty role expectations(64.4%), utopian role expectations(72.9%) signified with various percentages.

Table & Picture-5: father parenting for Adolescent Female Gender

| Father parenting | Percentage |
|-----------------------------|------------|
| Rejecting parenting | 66.7 |
| Acceptance parenting | 33.3 |
| carelessness parenting | 70.8 |
| protecting parenting | 29.2 |
| neglect parenting | 35.4 |
| indulgence parenting | 64.6 |
| utopian expectations | 93.8 |
| Realism | 6.3 |
| Lenient standards | 50 |
| Moralism | 50 |
| Freedom | 41.7 |
| discipline | 58.3 |
| Faulty role expectations | 61.3 |
| Realistic role expectations | 38.7 |

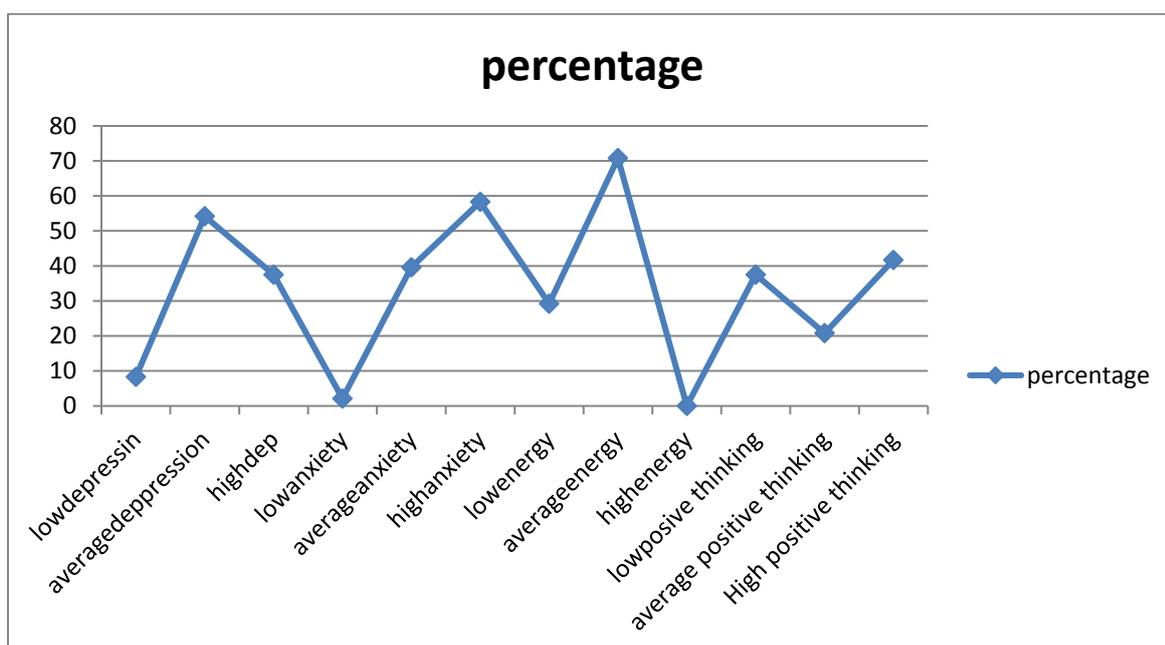


As shown by the bar chart illustrates the various parenting styles applies by the fathers on the female gender. It can be said that majority of rejecting parenting style associated (@66.7%), with carelessness parenting (70.8%) along with highly Utopian expectation (@93.8 %) with lack of realism and also applying Faulty role expectations (61.3%) signified with various percentages. Fathers lenient standards and moralism principles are equally applying towards female gender.

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Table & Picture-6: father parenting for Adolescent Female Gender

| well-being domains | Percentage |
|---------------------------|------------|
| Low depression | 8.3 |
| Average depression | 54.2 |
| High depression | 37.5 |
| Low anxiety | 2.1 |
| Average anxiety | 39.6 |
| High anxiety | 58.3 |
| Low energy | 29.2 |
| Average energy | 70.8 |
| High energy | 0 |
| Low positive thinking | 37.5 |
| average positive thinking | 20.8 |
| High positive thinking | 41.7 |



The bar chart illustrates the various well-being dimensions shown the significance of Female gender. It can be said that majority of female adolescents shown the average energy @ 70.8%, high anxiety @58.3% with average depression @ 54.2%% along with high positive thinking(@41.7% at with various percentages.

CONCLUSIONS

The present study concludes that parenting styles apply by mothers towards the male and female gender. It can be said that majority of rejecting freedom parenting (with lenient standards and faulty, utopian role expectations the fathers parenting styles indicated on the male gender that majority of complete Utopian expectations, with Lenient standards of complete freedom in the absence of Discipline practices and faulty role utopian role expectations signified with father parenting. The mothers on the female gender. It can be said that majority of Utopian expectations, with Indulgent parenting along with acceptance parenting as Faulty role expectations utopian role expectations signified with various mother parental practices As shown by The bar chart, illustrates the various parenting styles applies

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by the fathers on the female gender. It can be said that majority of rejecting parenting style associated, with carelessness parenting along with highly Utopian expectation with lack of realism and also Faulty role expectations utopian role expectations signified Fathers lenient standards and moralism principles are equally applying towards female gender.

well- being dimensions shown the significant on the male gender. It can be said that the majority of male adolescents shown significant average energy as well as depression along with average positive thinking

Major findings from the research were both parenting father and mother equally applying their parenting styles on Rejecting, Utopian and faulty role expectations with lack of discipline practices and it leads to high Anxiety with low energy in girls and average depression with low energy in males. This study implied that females have high positive thinking rather than males.

SUGGESTIONS AND RECOMMENDATIONS

Parental counselling supports positive parenting as well as well-being among gender. The study recommends for parenting programs for parents of adolescents for transforming adolescents into physically and psychologically healthy adults.

In the current context, adolescents face a great threat to their mental health, as the rates of depression, anxiety, energy, and positive thinking. Provides parental counselling will help parents to understand about a smooth transition from adolescence to adulthood is a major responsibility of parents and is the main concern of parenting adolescents.

Present study will bring awareness in the community in promoting favourable parenting styles. New parents who are unsure about which parenting styles to adopt can gain some insights provides by this study. This study could also aid in the development of favourable parenting or intervention programs.

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Conflict of Interest

The author declared no conflict of interest.

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