

Relation between Parenting Styles and Aggressive behavior among Adolescents

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ABSTRACT

There are increasing incidents of students getting involved in physical and verbal violence, using abusive language, making fun, calling names, arguing on small things and even refusing to talk after argument. These all are the signs of aggression in adolescents. Parents have a very important role to play in their lives. Therefore, this present study aims at assessing the relation between Parenting Styles and Aggressive behavior among Adolescents. With the help of Survey method, the data is collected. The sample consists of 106 students of XI and XII standard (53 boys and 53 girls) from a school affiliated to CBSE Board. With help of correlation, we found the relation between Eight Parenting Styles and Aggression in adolescents. The results obtained in this study show a negative correlation between parenting styles and aggression in adolescents. This means if positive parenting styles increases, the aggression decrease in adolescents.

Keywords: Parenting styles, Aggression, Adolescents, Boys, Girls

Almost every day television news and newspaper carry stories about children committing acts of violence; often against other children hence this topic is selected for study.

Increasing incidents of students bashing up their fellow class mates on small issues, and getting involved in physical and verbal violence with others, reduced tolerance towards one another is becoming common among adolescents today. Road rage, hitting, bullying and even killing other person on argument are on rise.

Aggression affects academic learning and emotional development of children. It damages school climate and if not controlled it may result in unhealthy environment.

Fighting, arguing, punching, hitting, refusing to speak and even insulting others are all the signs of aggression in adolescents.

Aggressive behavior currently is common both among boys and girls.

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Definition

Aggression - In psychology, the term aggression refers to a range of behaviors that can result in both physical and psychological harm to oneself, other or objects in the environment. The display of aggression can occur, verbally, mentally and physically. Aggression is destructive. It even includes social interaction with the intention of causing damage or other unpleasantness upon another individual. In humans, frustration due to blocked goals can cause aggression.

Human aggression is an instinct drive; it springs from the person rather than the situation, according to the theory by Sigmund Freud (Glassman, 2004)

Frustration generates unpleasant emotion which leads to aggression (Bushman & Huesmann, 2010).

According to Albert Bandura aggressive behavior can be learned through observation. Hence, if children see their parents engage in aggressive behavior at home or outside, they are learning a faulty behavior.

Adolescents undergo a number of changes—both physical and mental. Frustration and confusion make the transition more traumatic, leading to persistent anger, aggression and violence in them.

There are different forms of aggression such as, a physical, verbal, mental or emotional.

The aggressive behavior can be of four different types, such as, Physical violence, verbal hostility, nonverbal intimidation and passive aggression.

Hence when it comes to adolescents, they are seen indulging in arguments with parents, friends and even strangers. Parents too find it difficult to manage them and at times even communicate with them. Understanding them and coping with their behavior becomes challenge for the parents too. This is an age when identity is developed of the boys and girls. Aggression or any other negative behavior will be very detrimental for their future.

Parenting

Parenting is taking responsibility of a child's development and growth physically, emotionally and socially. It also is the process of providing protection and care to the child. The skill of parenting is learnt and it improves during the lifetime. Largely a parent is considered to have a biological association with the child. But the act of nurturing, caring and protection may not essentially be only biological. Culture plays an important role in parenting styles adopted by the parents. Parenting style is impacted by some other demographics such as the income, social class etc.

It is a bigger challenge for parents when their children reach the adolescent age as they are dealing with hormone changes. They are even facing identity crisis and issues related with sexuality. The teenagers many times have this concerns that no one understands their feelings, especially their parents.

Diana Baumrind a Developmental psychologist identified three main parenting styles as: authoritative, authoritarian, and permissive.

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Theories

The Frustration–Aggression–Displacement Theory (by John Dollard, Neal E. Miller et al. in 1939), and further developed by Miller, Roger Barker et al. in 1941 and Leonard Berkowitz in 1969. The theory explains that aggression is the result of blocking, or frustrating, a person's efforts to attain a goal.

Modified Frustration and Aggression Theory: (Berkowitz). It describes that aggression is an elicited drive. Due to frustration a person develops an emotional readiness to respond aggressively. The theory also suggests that certain cues in our environment have aggressive cue values. If the person experience frustrated in the presence of these cues the he behaves more aggressively.

Social Learning theory: Modeling is the process through which a person observes the behavior of others then encodes it and uses it as a guide to their own behavior. Through modeling the learner acquires new form of behavior (observational learning effect).

Cultural Mediation and Internalization theory by Lev Vygotsky. Vygotsky, a Russian “psychologist born in the late nineteenth century, gives parents a central role in supporting children’s growth”. Vygotsky studied child development and the significant roles of cultural mediation and interpersonal communication. He observed how higher mental functions developed through these interactions also represented the shared knowledge of a culture. This process is known as internalization.

Baumrind’s Parenting Typology (1967, 1991): In her research, she found what she considered to be the four basic elements that could help shape successful parenting: responsiveness vs. unresponsiveness and demanding vs. undemanding. Through her studies Baumrind identified three initial parenting styles: Authoritative parenting, authoritarian parenting and permissive parenting.

Objectives

To find out the association between different parenting styles and the aggressive behaviour in adolescents and whether or not there is an impact of positive parenting or negative parenting styles on the aggressive behaviour among adolescents.

Therefore, this present study aims at assessing the relation between Parenting Styles and Aggressive behavior among Adolescents.

This study will examine the role of parents and their styles of parenting impacting the behavior of adolescents.

The current study will study how eight parenting styles impact aggression in adolescents.

The eight parenting styles are-

1. Rejection Vs Acceptance,
2. Carelessness Vs Protection,
3. Neglect Vs Indulgence,
4. Utopian expectations Vs Realism,
5. Lenient standard Vs Moralism,
6. Freedom Vs Discipline,
7. Faulty role expectation Vs Realistic role expectations,
8. Marital conflicts Vs Marital adjustments

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Null Hypothesis: There is no relation between Aggression and Parenting styles. These variables are unrelated.

METHODOLOGY

With the help of Survey method, the data is collected. The sample consists of 106 students of XI and XII standard (53 boys and 53 girls) from a school affiliated to CBSE Board.

Tool/Test

- For testing Aggression – Aggression Scale – by Km. Roma Pal, Mrs Tasneem Naqvi
- For testing Parenting styles – Parenting Scale – by R.L Bharadwaj, H, Sharma, A. Garg.

Statistical Analysis

Correlation analysis is done to find out the association between aggressive behaviour and different parenting styles.

The results obtained in this study may be enumerated as under:

1. Correlation calculated between each parenting styles of **both Mother and Father** and aggression in **Boys and Girls**.
2. Correlation calculated between each parenting styles of both Mother and Father and aggression in **Boys**.
3. Correlation calculated between each parenting styles of both Mother and Father and aggression in **Girls**.
4. Correlation calculated between each parenting style of **Mother** and aggression in **Boys and Girls**.
5. Correlation calculated between each parenting style of **Mother** and aggression in **Boys**.
6. Correlation calculated between each parenting style of **Mother** and aggression in **Girls**.
7. Correlation calculated between each parenting style of **Father** and aggression in **Boys and Girls**.
8. Correlation calculated between each parenting style of **Father** and aggression in **Boys**.
9. Correlation calculated between each parenting style of **Father** and aggression in **Girls**.

The correlation calculated between Eight parenting styles and aggression is consisting of Total number - $N = 106$ (Boys- 53 + Girls- 53)

The correlation calculations consist of:

X = Aggression

Y = Parenting style of Mother, Father and both parents in eight different styles of parenting.

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The details of the Pearson correlation calculated on different dimensions are share below:

Table 1 Correlation calculated between Aggression and Parenting Style of Both Parents
N- 106 Boys- 53 Girls- 53

sign	Dimensions	Boys & Girls r	Boys r	Girls r	Strength of relationship
A	Rejection / Acceptance	-0.79**	-0.82**	-0.76**	Strong
B	Carelessness / Protection	-0.62**	-0.62**	-0.61**	Strong
C	Neglect / Indulgence	-0.61**	-0.61**	-0.62**	Strong
D	Utopian Expectation/ Realism	-0.50**	-0.52**	-0.51**	Moderate
E	Lenient Standard/ Moralism	-0.58**	-0.74**	-0.30**	Moderate
F	Freedom/ Discipline	-0.52**	-0.67**	-0.35**	Moderate
G	Faulty role expectation/ Realistic role expectation	-0.50**	-0.58**	-0.50**	Moderate
H	Marital Conflict/ Marital adjustment	-0.76**	-0.77**	-0.76**	Strong

*Correlation is significant at – * Significant at 0.01 level, ** Significant at 0.05 level*

Table 1. Reveals how **both Fathers and Mothers** parenting styles together effect aggression in adolescents.

Results are interpreted on the basis of degree of correlation as well as significance of correlation.

Results show that there is a **Strong** impact on Aggression of parenting styles such as, Affectionate, Protecting, Indulgence and Marital adjustment among parents, on both adolescent boys and girls. This shows if the parents are Affectionate, Protecting, and Indulgent and have marital adjustment then Boys and Girls are **less Aggressive**. There is a **Moderate** impact of parenting styles such as utopian expectations/realism, Lenient standards/Moralism, Freedom/Discipline and faulty role expectations/realistic role expectations, on aggression in adolescent boys and girls. Hence these parenting styles moderately impact aggression in adolescents.

Separately if we look at aggression in **Boys** the parenting styles such as Acceptance, Protection, Indulgence, Moralism, and Discipline and Marital adjustment among parents have a **strong impact**, i.e., **they are less aggressive** if all these parenting styles are practiced by parents. Whereas some of the parenting styles such as, utopian expectations/realism, lenient standards/Moralism, Freedom/Discipline and faulty role expectations/realistic role expectations have **moderate effect** on aggression in boys. Thus, this shows that boys will be moderately be aggressive when parents' parenting style is of realism, Moralism, Discipline and realistic role expectations.

Whereas in **Girls'** there is **Strong effect** of parenting styles such as Acceptance, Protection, Indulgence and Marital adjustment among parents it make them less aggressive. The parenting styles such as Utopian expectations/Realism & Faulty role expectations/Realistic role expectations have **Moderate impact** on aggression in girls. This table also shows that parenting styles such as Lenient standards/Moralism & Freedom/Discipline have **weak relation** with aggression in girls. That means that if the parenting styles such as Lenient standards or Moralistic and providing Freedom or disciplined environment will have less effect on aggression in girls.

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Furthermore, if we look at the significance of correlation then the statistically significant correlation indicated by a probability value at .05 level is .164, when N=100. Hence all correlation results are significant at .05 Level.

Decision: Reject Null Hypothesis

Conclusion: There is significant relation between X and Y, i.e., aggression and parenting styles. This shows that parenting style have effect on aggression in adolescents.

Table 2: Correlation calculated between Aggression and Parenting Style of Mother

- 106 Boys- 53 Girls- 53

sign	Dimensions	Boys & Girls r	Boys r	Girls r	Strength of relationship
A	Rejection / Acceptance	-0.74**	-0.74**	-0.73**	Strong
B	Carelessness / Protection	-0.58**	-0.59**	-0.56**	Moderate
C	Neglect / Indulgence	-0.56**	-0.56**	-0.54**	Moderate
D	Utopian Expectation/ Realism	-0.48**	-0.53**	-0.54**	Moderate
E	Lenient Standard/ Moralism	-0.58**	-0.71**	-0.35**	Moderate
F	Freedom/ Discipline	-0.45**	-0.59**	-0.31**	Weak
G	Faulty role expectation/ Realistic role expectation	-0.53**	-0.60**	-0.49**	Moderate
H	Marital Conflict/ Marital adjustment	-0.76**	-0.77**	-0.76**	Strong

*Correlation is significant at – * Significant at 0.01 level, ** Significant at 0.05 level*

Table 2. Reveals how **Mothers** parenting styles effect aggression in adolescents.

Results are interpreted on the basis of degree of correlation as well as significance of correlation.

Results show there is a **Strong** impact on Aggression due to **Mother's parenting styles** i.e. If the **Mothers** are Affectionate and have Marital adjustment then adolescent Boys and Girls are less Aggressive. There is a **Moderate** impact on aggression due to Mothers parenting styles like Carelessness/Protection, Neglect / Indulgence, Lenient Standard/ Moralism, Faulty role expectation/ Realistic role expectation, in boys and girls. Hence protection, indulgence, moralism and realistic role expectations have moderate effect on aggression in adolescents. There is **weak effect** on aggression in adolescent boys and girls due to mothers' style of parenting such as, Utopian Expectation/ Realism and Freedom/ Discipline.

Whereas **boys** are **less aggressive** when mothers are accepting, moralist, have realistic role expectation and martially adjust. If we look at aggression in **Boys** effect of mothers parenting styles such as protection, indulgence, and believe in realism and are disciplined it will **moderately effect** aggression in boys.

Results show that in **girls** aggression is less if mothers are affectionate and have marital adjustment. This table even show that if mothers who provide protection, are indulgent and believe in realism have **moderately impact** aggression in girls. Further Mothers parenting styles such as lenient standards/moralism, freedom/discipline and faulty role expectations/realistic role expectations have very **weak effect** on aggression on girls. Hence mothers parenting styles such as Moralism, discipline and realistic role expectation will hardly effect aggression in girls.

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Furthermore, if we look at the significance of correlation then the statistically significant correlation indicated by a probability value at .05 level is .164, when N=100. Hence all correlation results are significant at .05 Level.

Decision: Reject Null Hypothesis

Conclusion: There is significant relation between X and Y, i.e., aggression and parenting styles. This shows that parenting style have effect on aggression in adolescents.

Table 3. Correlation calculated between Aggression and Parenting Style of Father

N- 106 Boys- 53 Girls- 53

sign	Dimensions	Boys & Girls r	Boys r	Girls r	Strength of relationship
A	Rejection / Acceptance	-0.73**	-0.81**	-0.68**	Strong
B	Carelessness / Protection	-0.55**	-0.54**	-0.53**	Moderate
C	Neglect / Indulgence	-0.57**	-0.56**	-0.61**	Moderate
D	Utopian Expectation/ Realism	-0.44**	-0.42**	-0.50**	Weak
E	Lenient Standard/ Moralism	-0.50**	-0.71**	-0.18**	Moderate
F	Freedom/ Discipline	-0.45**	-0.62**	-0.27**	Weak
G	Faulty role expectation/ Realistic role expectation	-0.42**	-0.47**	-0.46**	Weak
H	Marital Conflict/ Marital adjustment	-0.76**	-0.77**	-0.76**	Strong

*Correlation is significant at – * Significant at 0.01 level, ** Significant at 0.05 level*

Table 3. Reveals how Fathers parenting styles effect aggression in adolescents.

Results are interpreted on the basis of degree of correlation as well as significance of correlation.

Results show that there is a **Strong** impact on Aggression due to Fathers parenting styles such as affection and marital adjustment. Hence if **Fathers** are Affectionate and have marital adjustments then Boys and Girls are **less Aggressive**. Whereas there is **moderate effect** on aggression in adolescents due to parenting styles such as protection, indulgence and moralism of father. There is **weak effect** on aggression in adolescents due to parenting styles of father such as, Utopian Expectation/ Realism, Freedom/ Discipline, Faulty role expectation/ Realistic role expectation. Hence these parenting styles of Father hardly effect aggression in Adolescents.

Table shows that **boys are less aggressive** when **Fathers are** accepting, moralist, believe in discipline and martially adjust. There is a **Moderate impact** on aggression due to Fathers parenting styles such as, Carelessness/Protection and Neglect /Indulgence in boys. Whereas parenting styles such as, lenient standards/moralism and faulty role expectations/realistic role expectations have **little impact** on aggression in boys.

Whereas **for girls aggression is less** in them if **fathers** are affectionate, they indulge in life of girls and have marital adjustment too. This table even shows that fathers who provide protection, are realistic then it **moderately effect** aggression in girls. Further parenting styles such as lenient standards/moralism, freedom/discipline and faulty role expectations/realistic role expectations have very **less influence** on aggression in girls.

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Furthermore, if we look at the significance of correlation then the statistically significant correlation indicated by a probability value at .05 level is .164, when N=100. Hence all correlation results are significant at .05 Level.

Decision: Reject Null Hypothesis

Results: With help of correlation we found out relation between Eight Parenting Styles and Aggression in adolescents. The results obtained in this study show a negative correlation between parenting styles and aggression in adolescents. This means if positive parenting styles increases, the aggression decrease in adolescents. Aggression increases in adolescents if positive parenting styles decrease. This study shows that Boys and Girls are less Aggressive if the parents are Affectionate, Protecting, and Indulgent and engage in Marital Adjustments.

CONCLUSION

There is significant relation between X and Y, i.e. aggression and parenting styles. This shows that parenting style have effect on aggression in adolescents.

Hence, we conclude that parent's style of nurturing play a very important role in building adolescents' personality. Aggression which is today a serious threat for humanity can be coped in adolescents with adequate parental affection, care, and attention.

Findings of this study can be beneficial in guiding the parents during counseling. Helpful in building a more healthy relationship between parents and their adolescent children, as effect of positive parenting will show positive impact on adolescents. It will be a solution for enhancing wellbeing among adolescents and parents. It will further be advantageous for teachers to understand the behavior of students. Hence based on the finding of this study, recommendation is that counseling of parental practices should be provided to the parents so that a congenial environment can be created by parents for promoting a healthy overall development in adolescents which will reduce aggression among adolescents

The only limitation of this study is that the both the Scales are filled by students if they do not share the correct information enquired in the test, then the analysis will be not be valid.

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Conflict of Interest

The author declared no conflict of interest.

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