

Research Paper

Impact of Parenting Style on Resilience and Mental Health of Adolescents

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ABSTRACT

Adolescence is frequently marked by fresh challenges that have an impact on individual's mental health and parental support is thought to play a significant role in the development of resilience to overcome the tough situations. The kind of support from parents vary from type of parenting style an individual receives. Hence, this research endeavour seeks to examine the impact of different parenting styles on the psychological health and resilience of individuals between ages of 10 and 20, including both males and females in Kolkata with help of purposive sampling. A Multivariate Analysis of Variance (MANOVA) was used to analyse the data which was collected by using the psychometric scales, and a descriptive research design was used. The outcomes showed a noteworthy impact in the resilience domain. This research implies that parenting approaches significantly affect adolescent's capacity for adaptation and overcome adversity. However, no significant impacts were found with regard to mental health outcomes. By offering guidance to parents, educators, and mental health professionals on how to support positive outcomes for adolescent's resilience and mental health, this study adds to the body of knowledge already available on parenting styles and adolescent development.

Keywords: *Parenting style, Resilience, Mental health, Adolescent*

Using a range of parenting styles, including assertive, authoritarian, permissive, and uninvolved, parents can significantly influence their adolescent children's development. Most people agree that authoritative parenting is the most successful because it strikes a balance between being attentive and being demanding. Strong self-regulation abilities and positive attitudes are the product of these parents' supportive yet explicit expectations. On the other hand, children raised under authoritarian parenting, which is characterised by high demands and limited responsiveness, frequently have negative effects like low self-esteem and increased anxiety as a result of the severe obedience and punishment. Because there is no framework or set of norms, high responsiveness but low demands from permissive parents can lead to problems with self-control and dangerous behaviour. Children who experience emotionally detached and neglected parenting—typified by a lack of responsiveness—may experience negative effects on their general wellbeing and capacity to trust people. It is essential to comprehend how diverse parenting

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philosophies affect the resilience and general wellbeing of adolescents. Resilience, which can be summed up as the capacity to overcome hardship, is essential for fostering mental wellness and a sense of fulfilment in life. According to research, authoritative parenting creates a controlled yet supportive atmosphere that helps adolescents develop resilience and good well-being. On the other hand, parenting approaches that are dictatorial, indulgent, and detached may undermine resilience and lead to unfavourable results. In order to give parents, educators, and other professionals who engage with adolescents' evidence-based advice, researchers are examining the effects of various parenting philosophies on the resilience and overall well-being of teenagers. This study emphasises how crucial it is to comprehend and use good parenting techniques in order to promote favourable outcomes for children throughout this crucial developmental stage.

Damanjit and Suninder (2005) studied 200 adolescents in Amritsar aged 18-20, finding positive associations between identity formation, home environment, emotional autonomy, well-being, and personality. Dev and Arora (2011) studied 200 adolescents facing high academic adversity, selected from 566 based on Academic Adversity Scale scores. Resilience was assessed using the Resilience Scale, dividing the sample into high and low resilience groups. Mental health was evaluated using the Indian Adaptation of GHQ. Males showed better resilience than females, with HR males displaying better mental health than LR males. HR females didn't significantly differ from LR females in mental health, but HR males differed from HR females across GHQ subscales. Ritu et al., 2016, explored parental modernity's impact on rejection sensitivity and self-esteem in 120 adolescents. Using the Individual Modernity Scale on 240 parents, they found parental modernity affects adolescents' rejection sensitivity and self-esteem. Additionally, rejection sensitivity negatively correlates with self-esteem. Keyes and Corey (2006) studied adolescent mental health using subjective well-being items on youth aged 12-18, highlighting the prevalence of moderate health among 15-18 year-olds and emphasizing the significance of positive health in adolescent development research. Zakeri et al., 2010, studied 350 Shiraz University students, finding that the acceptance-involvement parenting style significantly predicted resilience, while psychological autonomy-granting and behavioural strictness-supervision styles did not. Zhong et al., (2016) investigated mental resilience, parenting styles, depression, and anxiety among 439 elderly Chinese adults. Those with parents favouring positive and authoritative styles showed higher resilience and lower depression/anxiety. Elderly adults with authoritarian parents had higher depression/anxiety and lower resilience. The study underscores the impact of parenting on mental health in elderly individuals, emphasizing the role of parenting styles in successful aging and coping with life stressors. In a survey conducted in 2021 by Qiu et al., parents of 236 children with chronic illnesses and 98 parents of healthy children discovered that children with illnesses had lower levels of authoritarian parenting and family resilience than the latter group, but more issues with peer relationships. According to structural equation modelling, these kids' psychosocial adjustment and family resilience were totally mediated by authoritative parenting. According to the study, children's psychosocial adjustment, family resilience, and authoritative parenting are all negatively impacted by childhood chronic illness. Nonetheless, it was discovered that authoritative parenting acted as a moderator, indicating its significance in fostering family resilience in households where children suffer from chronic illnesses. The mediating functions of psychological rigidity and self-worth in the connection between adolescent mental health and parenting style were investigated by Peng et al., (2021).

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Through lower psychological rigidity and higher self-esteem, parental emotional warmth was found to have a favourable impact on mental health in a survey of 916 Chinese teenagers. On the other hand, psychological rigidity and rejection from parents have a detrimental effect on mental health by lowering self-esteem. Adnan et al., (2022) explored the link between authoritative parenting, resilience, and adolescent mental health. Surveying 300 of Pakistan students aged 15 to 20, they found authoritative parenting positively associated with mental health. Resilience moderated this relationship. Males exhibited better mental health due to higher resilience. The study emphasizes the pivotal role of parenting in mental well-being, urging parents to adopt positive practices and avoid detrimental upbringing patterns.

METHODOLOGY

Aim

The purpose of this study is to investigate the effect of parenting style of adolescents through the resilience, & mental health.

Objective

To study the effect of parenting style of adolescents through the resilience, & mental health.

Research design

The study was conducting in Kolkata city, the study targeted 58 adolescents who were aged from 10 to 20.

Hypothesis

1. There is no significant difference between different parenting styles and resilience.
2. There is no significant difference between different parenting styles and general well-being.

Sampling technique

In the present study purposive sampling technique has been used. It is a sampling technique where units are selected because they have characteristics that is required in sample.

Procedure

A sample of 58 adolescents were taken from different schools and colleges from city of Kolkata, who were aged 10-20 years. Subjects were assessed on three different scales for deriving quantitative data. Duration of one month was taken for the data collection.

Variables

Independent variables- Parenting style

Dependent variables- Resilience and Mental health

Tools Required

1. Parental Authority Questionnaire (PAQ) (Buri, 1991) for parenting style
2. Nicholson McBride Resilience Questionnaire (NMRQ) for resilience
3. General health questionnaire (GHQ) for mental health

Selection of Sample

a. Inclusion criteria:

1. Age: 10-20

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2. Family: Joint family and nuclear family
3. Occupation; School going or College going students

b. Exclusion criteria

1. Age: Below 10 and above 20
2. Family: Only Couple
3. Occupation: Non-school and non-college goers
4. Individuals with psychiatric history.

Ethical Considerations

1. Consent was taken from each participant.
2. Confidentiality of information was strictly maintained.
3. Participants could withdraw at any time as participation was voluntary.

RESULT AND ANALYSIS

Descriptives:

	Gender	Permissive	Authoritarian	Flexible	General Wellbeing	Resilience
N	Female	39	39	39	39	39
	Male	17	17	17	17	17
Mean	Female	31.5	30.2	33.3	9.28	40.5
	Male	34.5	32.7	37.6	7.88	40.5
Standard Deviation	Female	6.47	6.12	5.74	7.58	6.55
	Male	6.87	8.04	5.99	7.48	4.11
Shapiro-wilk w	Female	0.935	0.975	0.950	0.921	0.963
	Male	0.945	0.902	0.829	0.873	0.948
Shapiro-wilk p	Female	0.027	0.525	0.083	0.009	0.229
	Male	0.383	0.074	0.005	0.025	0.424

(MANOVA) Univariate Tests:

	Dependent Variable	Sum of Squares	df	Mean Square	F	P
Gender	General wellbeing	23.1950	1	23.1950	0.425	0.517
	Resilience	0.0211	1	0.0211	6.894	0.979
Permissive	General wellbeing	191.8469	1	191.8469	3.518	0.066
	Resilience	92.1722	1	92.1722	3.009	0.089
Authoritarian	General wellbeing	61.7460	1	61.7460	1.132	0.292
	Resilience	41.6412	1	41.6412	1.359	0.249
Flexible	General wellbeing	45.0662	1	45.0662	0.826	0.368
	Resilience	205.7472	1	205.7472	6.716	0.012
Residuals	General wellbeing	2781.0031	51	54.5295		
	Resilience	1562.4184	51	30.6357		

Post-Hoc Test (Multivariate):

		Value	F	df1	df2	p
Gender	Pillai's Lambda	0.00868	0.219	2	50	0.804
	Wilk's Lambda	0.991	0.219	2	50	0.804
	Hotelling's Trace	0.00876	0.219	2	50	0.804
	Roy's Largest Root	0.00876	0.219	2	50	0.804
Permissive	Pillai's Lambda	0.09251	2.548	2	50	0.088
	Wilk's Lambda	0.907	2.548	2	50	0.088

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		Value	F	df1	df2	p
Authoritarian	Hotelling's Trace	0.10193	2.548	2	50	0.088
	Roy's Largest Root	0.10193	2.548	2	50	0.088
	Pillai's Lambda	0.03747	0.973	2	50	0.385
	Wilk's Lambda	0.963	0.973	2	50	0.385
	Hotelling's Trace	0.03893	0.973	2	50	0.385
Flexible	Roy's Largest Root	0.03893	0.973	2	50	0.385
	Pillai's Lambda	0.11733	3.323	2	50	0.044
	Wilk's Lambda	0.883	3.323	2	50	0.044
	Hotelling's Trace	0.13293	3.323	2	50	0.044
	Roy's Largest Root	0.13293	3.323	2	50	0.044

There is a significant difference between different parenting styles and resilience. Hence, different parenting style leads to different levels of resilience. There is no significant difference between different parenting style and general well-being of individuals. MANOVA was done where, General Wellbeing & Resilience were 2 DVs; Gender and Parenting style (having 3 levels) were the two IVs. To be more precise – Permissive, Authoritarian & Flexible were the Covariates. In unbalanced MANOVA, for Post-hoc test – Pillai's trace was considered.

DISCUSSION

Significant results were obtained in the authoritative (flexible) parenting style at a significance level of 0.05 by using a descriptive study approach and MANOVA analysis. This shows that an adolescent's capacity for adaptation and problem-solving is greatly impacted by the flexibility of their parenting style. The study's findings are in line with earlier studies and emphasize the significance of parenting approaches that are flexible in influencing the growth and wellbeing of adolescents. Specifically, the significant effect observed in the flexible domain underscores the role of parental practices in fostering adaptive coping skills and emotional regulation among adolescents. Since flexibility involves nurturing, responsiveness and support along with a firm control over the children, this helps individuals to adjust themselves with the challenges and changes coming from outer world and remain flexible. While the study did not yield significant findings in terms of mental health outcomes, it is essential to consider other influential factors that may contribute to mental health, such as peer relationships, school environment, and genetic predispositions. In order to fully understand the relationship between parenting styles, resilience, and mental health in teenagers, more research is necessary as parenting styles may interact with these characteristics in complicated ways.

CONCLUSION

This study adds to the body of literature by emphasizing how parenting style flexibility affects teenagers' resilience. The results highlight how crucial it is to use authoritative parenting techniques to help children develop resilience and improve their ability to adjust.

Implications

Parenting Interventions: Since findings suggest that parenting styles play a crucial role in shaping adolescent's resilience and mental health parenting interventions and programs can focus on promoting authoritative parenting practices, emphasizing emotional support, effective communication, and balanced structure. Educating parents about the impact of their parenting styles on their child's well-being can contribute to positive outcomes.

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School and Community Programs: These can provide resources and support for parents to enhance their parenting skills in collaboration of educators and mental health professionals to promote a supportive environment for adolescents.

Further studies

- Longitudinal Studies can help identify developmental trajectories, potential moderating factors, and the stability or change in these relationships over time.
- Cross-cultural research can identify cultural variations in parenting styles and their effects on adolescent well-being.
- Investigating the mediating and moderating factors that influence the relationship between parenting styles, resilience, and mental health can provide a more nuanced understanding of the underlying mechanisms. Factors such as peer relationships and social support could be examined as potential mediators or moderators.

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Conflict of Interest

The author(s) declared no conflict of interest.

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