

## Perceived Parenting Styles, Aggression Coping Style Among Adolescence

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### ABSTRACT

Parenting styles, aggression, and coping mechanisms have been key focal points in both mental health discourse and academic research for a significant period. Parenting styles, classified into four types—**authoritative, authoritarian, neglectful, and permissive**—significantly influence various aspects of child development, including emotional regulation and aggression. Understanding these styles provides crucial insights into how parental behavior shapes adolescent behavior and mental health outcomes. This study focuses on adolescents' perceptions of their parents' parenting styles and their subsequent impact on emotional regulation abilities and levels of aggression. Using standardized questionnaires, participants assessed their perceptions of their parents' parenting approaches, their own emotional regulation capabilities, and their tendencies toward aggression. The present work draws on an extensive literature review to examine the relationships among these variables, highlighting key findings from previous research. The statistical procedures include – t-test and correlation to statistically analyze the parenting style, aggression and coping style. The sample includes 61 adolescence aged 12-18 years. The result portray that parenting style and aggression are correlated, t-test of parenting style with gender is not significant and t-test of aggression with gender is not significant. This study will become a key source of understanding the importance of parenting style, aggression and coping mechanism.

**Keywords:** Parenting styles, Aggression, Child development, Adolescence

**A**dolescence is a crucial phase of development characterized by significant physical, emotional, and psychological transformations. During this time, adolescents are highly influenced by their environment, especially the behaviors and parenting styles of their caregivers. The way adolescents perceive their parents' approach to parenting plays a pivotal role in shaping their personality, behavior, and ability to manage stress. Among various behavioral concerns, aggression is a widely studied issue in adolescents, as difficulties in emotional regulation can lead to challenges in social and interpersonal relationships. Understanding the impact of perceived parenting styles on adolescent aggression and coping mechanisms is crucial in promoting emotional and behavioral well-being. Parenting styles refer to the approaches and techniques parents use to raise their

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children. Diana Baumrind (1967) initially classified parenting into three main types: authoritative, authoritarian, and permissive. Later, *Maccoby and Martin (1983)* expanded this classification by introducing a fourth category: neglectful or uninvolved parenting.

Parenting styles play a vital role in shaping adolescent behavior, particularly in how they manage stress and express aggression. The authoritative style, characterized by a balance of responsiveness and high expectations, fosters a nurturing environment that promotes open communication, emotional warmth, and guidance, encouraging adolescents to develop effective coping strategies. In contrast, the authoritarian approach, which prioritizes strict discipline and control with minimal emotional warmth, may lead to increased aggression and poor stress management due to a lack of emotional support. Permissive parenting, which involves high responsiveness but low demands, grants adolescents considerable freedom with little structure, potentially resulting in challenges with self-regulation and problem-solving. Meanwhile, neglectful parenting, marked by low responsiveness and minimal involvement, may cause emotional detachment and a lack of parental guidance, increasing the likelihood of aggressive tendencies and ineffective coping mechanisms. Adolescents' perception of these parenting styles significantly influences their emotional growth, behavioral patterns, and overall psychological well-being. Understanding these dynamics is essential in addressing aggression and fostering healthy coping mechanisms among adolescents.

Adolescent aggression manifests in different ways, including physical aggression (such as hitting and fighting), verbal aggression (such as insults and threats), and relational aggression (such as exclusion and rumor-spreading). Several factors contribute to aggressive behaviors, including genetics, peer influences, societal norms, and, notably, parenting styles. Research indicates that authoritarian parenting, which relies heavily on discipline with limited emotional support, may heighten the likelihood of aggression. In contrast, authoritative parenting, which blends discipline with warmth and communication, is linked to lower aggression levels and better emotional regulation. Meanwhile, permissive and neglectful parenting styles may lead to impulsivity, emotional instability, and increased aggression due to a lack of structure and guidance.

Adolescents' perception of their parents' behavior plays a crucial role in shaping their emotional and behavioral responses. While parents may believe they are implementing a particular parenting style, their children might interpret it differently. For example, adolescents who view their parents as overly strict may feel pressured, misunderstood, or emotionally distant, which can lead to frustration, stress, and heightened aggression. Conversely, those who perceive their parents as supportive and communicative are more likely to develop healthy emotional coping strategies. A nurturing and understanding parental approach helps adolescents feel emotionally secure, reducing aggressive tendencies. Therefore, how adolescents perceive and interpret parental actions significantly influences their emotional stability and social behavior.

Coping mechanisms refer to the strategies individuals use to manage stress and emotional challenges. Adolescents typically adopt one of three main coping styles. Problem-focused coping involves tackling the root cause of stress by identifying solutions and taking proactive steps. Emotion-focused coping centers on managing emotional distress rather than addressing the stressor itself, often through seeking social support or practicing mindfulness. Avoidant coping, however, entails ignoring, denying, or escaping from stress rather than confronting it, which may provide temporary relief but can exacerbate difficulties over time.

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Parenting styles greatly influence which coping mechanisms adolescents develop. Those raised in authoritative households—where warmth, guidance, and clear expectations coexist—are more likely to adopt problem-focused coping strategies, enabling them to navigate challenges constructively. In contrast, adolescents raised in authoritarian or neglectful environments, where emotional support is lacking, may resort to avoidant coping or respond to stress with aggression. Maladaptive coping strategies can contribute to emotional distress and behavioral issues, negatively affecting psychological well-being. Recognizing the connection between parenting styles and coping mechanisms is vital in fostering resilience and emotional health in adolescents.

Adolescents who perceive their parents as excessively strict may experience various psychological and emotional consequences. Excessive parental control can have unintended negative effects, including heightened rebelliousness, as rigid authority may prompt adolescents to resist control and engage in defiant behaviors. Strict discipline may also suppress emotional expression, leading to frustration that manifests as aggression. Additionally, adolescents lacking emotional support may struggle with emotional regulation, resulting in impulsive or inappropriate reactions. Constant criticism and harsh disciplinary practices can contribute to low self-esteem, causing self-doubt and diminished confidence in decision-making.

### ***Rationale***

This dissertation is a key component of my major project and fulfills part of the requirements for obtaining a Bachelor's degree in Applied Psychology. The primary goal of this research is to explore the connection between parenting styles and adolescent aggression. By conducting a thorough analysis of existing studies, this research aims to deepen the understanding of how various parenting approaches influence adolescents' emotional development and behavioral responses. Given the increasing concerns regarding aggressive tendencies among adolescents, investigating parental influence as a contributing factor is essential for both academic research and practical applications in psychology.

Parenting styles play a vital role in shaping an adolescent's ability to regulate emotions, develop social skills, and manage stress. The four main parenting styles—authoritative, authoritarian, permissive, and neglectful—have distinct impacts on adolescent behavior. While certain parenting methods foster emotional resilience and self-discipline, others may contribute to frustration, defiance, or heightened aggression. By examining these dynamics, this study aims to offer valuable insights into how specific parental behaviors either exacerbate or alleviate aggressive tendencies in adolescents.

Beyond its theoretical significance, this research has practical applications for parents, educators, and mental health professionals. A deeper understanding of the influence of parenting styles on adolescent aggression can inform the development of effective parenting strategies and psychological interventions. These insights may help in reducing aggressive behavior, enhancing emotional well-being, and strengthening family relationships. Additionally, the findings of this study have broader societal implications, highlighting the role of effective parenting in shaping adolescent behavior and guiding policies aimed at fostering healthy adolescent development.

### ***Significance of the Study***

This study holds significant importance as it examines the influence of parenting styles on adolescents' ability to manage aggression. Aggressive behavior during adolescence can lead

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to various challenges, including conflicts with peers, academic struggles, and mental health issues. By exploring the connection between perceived parenting styles and aggression-coping mechanisms, this research provides valuable insights for parents, educators, psychologists, and policymakers. These findings can contribute to the development of effective interventions and support systems aimed at promoting healthier emotional regulation and behavioral outcomes in adolescents.

### *Objectives of the Study*

The main objective of this study is to examine the relationship between **perceived parenting styles** and **aggression coping styles** among adolescents. Specifically, the study aims to:

- **Identify the perceived parenting styles** among adolescents (authoritative, authoritarian, permissive, and neglectful).
- **Examine the different aggression coping styles** used by adolescents (problem-focused, emotion-focused, and avoidant coping).
- **Analyze the relationship between parenting styles and aggression coping styles**, determining how different parenting approaches influence the way adolescents manage aggression.
- **Assess gender differences in aggression coping styles**, exploring whether boys and girls respond to aggression differently based on their perceived parenting styles.
- **Provide insights and recommendations** for parents, educators, and counselors to help adolescents develop healthier coping mechanisms for managing aggression.

## REVIEW OF LITERATURE

The way parents raise their children has a profound effect on their emotional, social, and behavioral development. In India, where cultural traditions and family values play a significant role in child-rearing, how adolescents perceive their parents' behavior greatly influences their ability to cope with stress, resolve conflicts, and manage aggression. Studies have examined the connection between parenting styles and adolescents' coping mechanisms for aggression, showing that different approaches to parenting shape emotional regulation and behavioral responses. Adolescents who grow up in authoritative households—where discipline is balanced with emotional support and open communication—tend to develop better emotional regulation and healthier ways of handling stress. On the other hand, those raised in authoritarian households with strict rules and excessive control, or in permissive and neglectful environments where emotional support and structure are minimal, may find it difficult to manage aggression and emotional stability.

### *Parenting Styles and Their Influence on Indian Adolescents*

Parenting styles play a crucial role in adolescent development, influencing their emotional well-being, behavior, and coping strategies. The concept of parenting styles was first introduced by *Baumrind in 1971* and later expanded by *Maccoby and Martin in 1983*, categorizing them into four main types: authoritative, authoritarian, permissive, and neglectful. While this classification provides a broad framework, parenting practices in India are shaped by cultural traditions, family values, and societal expectations, making them distinct from Western models. In India's collectivist society, factors such as family structure, intergenerational influences, and deep-rooted respect for authority significantly impact parenting approaches.

### ***Prevalence of Parenting Styles in India***

Several studies conducted in India have explored the impact of parenting styles on adolescent development. *Chaudhary (2013)* found that Indian parents predominantly adopt either an authoritarian or authoritative parenting style. The authoritarian approach, characterized by strict discipline, high expectations, and limited emotional expression, is common due to cultural values that prioritize obedience and respect for elders. Adolescents raised in such environments often experience increased stress, emotional suppression, and frustration, which may lead to rebellious tendencies, aggression, or impulsive behavior. In contrast, research by *Sharma and Pandey (2016)* suggests that authoritative parenting, which balances discipline with warmth, emotional support, and open communication, fosters emotional resilience, enhances problem-solving skills, and helps adolescents manage aggression more effectively.

### ***Influence of Family Structure on Adolescent Development***

Family structure plays a crucial role in shaping adolescent behavior. *Verma and Saraswathi (1999)* examined the developmental differences between adolescents from joint and nuclear families. Their findings indicated that adolescents raised in joint families, where multiple caregivers provide emotional and social support, tend to exhibit lower aggression, better stress management, and greater emotional stability. The involvement of extended family members offers additional guidance, reinforcing positive coping mechanisms and reducing emotional distress. On the other hand, adolescents in nuclear families—where parents often juggle work and childcare—may experience higher stress levels, emotional instability, and challenges in managing aggression due to limited parental support and availability.

### ***Parenting Styles and Adolescent Coping Mechanisms***

The way adolescents are parented plays a crucial role in shaping their ability to handle stress and regulate emotions. Those brought up in authoritative households are more likely to adopt problem-focused coping strategies, which involve directly addressing stressors through effective problem-solving. This approach helps them develop resilience and confidence in overcoming challenges. On the other hand, adolescents raised in authoritarian or neglectful environments often rely on avoidant coping mechanisms, such as withdrawing from stressful situations or responding with aggression. These maladaptive strategies can contribute to emotional distress, behavioral issues, and difficulties in maintaining healthy interpersonal relationships.

### ***Promoting Positive Parenting Practices***

Given the profound impact of parenting styles on adolescent behavior, adopting a balanced approach that incorporates both discipline and emotional support is essential for fostering positive development. Several key strategies can help promote adolescent well-being.

Firstly, creating a supportive and nurturing environment where adolescents feel comfortable expressing their thoughts and emotions without fear of excessive criticism or punishment is crucial. Open and honest communication between parents and children strengthens their relationship, boosts self-confidence, and reduces behavioral issues. When adolescents feel understood and valued, they are more likely to develop healthy coping mechanisms and respond to challenges constructively rather than resorting to aggression or withdrawal.

Equally important is striking a balance between discipline and emotional support. Establishing clear and consistent rules while maintaining warmth and understanding helps adolescents cultivate self-discipline and emotional regulation. A structured yet empathetic

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approach to discipline prevents extreme behavioral reactions, such as defiance caused by authoritarian control or poor self-regulation resulting from overly permissive parenting.

Moreover, teaching adolescents effective coping strategies plays a vital role in helping them manage stress and emotions. Encouraging techniques such as mindfulness, deep breathing, cognitive reframing, and problem-solving equips them with the necessary tools to handle challenges in a constructive manner. Adolescents with strong emotional regulation skills are less likely to exhibit aggressive behavior and more capable of dealing with stress in a productive way.

Despite parental support, some adolescents may still face emotional and behavioral difficulties. In such cases, seeking professional guidance through counseling or mental health services can be highly beneficial. Access to school counselors, psychologists, and community-based therapy programs provides a structured and supportive space for adolescents to explore their emotions, address psychological concerns, and develop effective coping strategies.

By fostering open communication, maintaining a balance between discipline and support, promoting healthy coping mechanisms, and ensuring access to professional help when needed, parents and caregivers can play a significant role in strengthening adolescents' emotional resilience and overall well-being.

### *Aggression Coping Strategies Among Indian Adolescents*

An adolescent's ability to manage aggression is largely influenced by their upbringing and their perception of parental behavior. Parental interactions play a key role in shaping emotional regulation, stress management, and behavioral responses during challenging situations. A study by *Jain and Srivastava (2018)* on school students highlighted notable gender differences in aggression coping strategies. Their research found that boys were more inclined to exhibit physical aggression, while girls were more likely to engage in verbal aggression or avoidance. These patterns align with traditional Indian cultural norms, where assertiveness is generally more accepted in boys, whereas emotional restraint and indirect conflict resolution are encouraged in girls.

Parenting styles significantly impact how adolescents handle aggression and stress. *Kumar and Tiwari (2020)* discovered that adolescents who perceived their parents as strict, controlling, or emotionally distant were more likely to display reactive aggression, often responding impulsively to stress. In contrast, those raised in emotionally supportive and communicative households demonstrated better self-regulation and healthier coping mechanisms. These adolescents were more inclined to seek social support, exercise self-control, and approach conflicts through constructive problem-solving rather than aggression. This study highlights the importance of a nurturing environment in fostering emotional resilience and reducing impulsive reactions to conflict.

Academic pressure is another crucial factor affecting how Indian adolescents cope with aggression. Research by *Mehta and Arora (2019)* examined the impact of parental expectations on adolescent stress and aggression. Their findings indicated that excessive academic demands often led to passive-aggressive behavior or social withdrawal, particularly in adolescents who lacked sufficient emotional support from their parents. Given the strong societal emphasis on academic success in India, the absence of parental emotional availability can make it challenging for adolescents to manage stress effectively. When

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academic expectations become overwhelming, frustration may build up, increasing the likelihood of unhealthy coping mechanisms.

Overall, these studies underscore the critical influence of parenting styles and emotional support on adolescent aggression management. Emotionally responsive parenting fosters resilience and encourages positive coping strategies, whereas authoritarian or emotionally distant parenting heightens the risk of maladaptive aggression responses. Recognizing these factors can help parents, educators, and mental health professionals implement effective strategies to promote emotional well-being and constructive conflict resolution among adolescents.

### ***Parenting Influence on Aggression Coping Mechanisms***

Research indicates that parenting styles play a significant role in how adolescents handle aggression and emotional stress. A study by *Rao and Krishnan (2006)* found that adolescents raised in highly controlled and strict households often experienced emotional frustration. This frustration frequently manifested as externalized aggression, such as defiance, arguments, and physical confrontations. In some cases, adolescents internalized their emotions, leading to self-blame, anxiety, or depression. These findings highlight the detrimental effects of excessive parental control on adolescent emotional well-being, as rigid restrictions can hinder the development of healthy emotional regulation skills.

Conversely, research by *Sharma et al. (2014)* and *Das and Mukherjee (2021)* highlights the benefits of open and supportive communication between parents and adolescents. Their studies revealed that adolescents who shared positive and communicative relationships with their parents were more likely to adopt healthy coping mechanisms. These strategies included seeking guidance, practicing relaxation techniques, and resolving conflicts peacefully rather than resorting to aggression. Open communication enables adolescents to express their emotions, seek reassurance, and develop problem-solving abilities, ultimately fostering emotional stability and minimizing aggressive tendencies.

These findings emphasize the significant influence of parenting styles on adolescent behavior and emotional resilience. While authoritarian parenting may contribute to frustration and maladaptive aggression, emotionally responsive parenting promotes healthier coping strategies. Encouraging open communication and emotional support within the family can help adolescents effectively manage stress, reducing the likelihood of aggression and emotional distress.

### ***Gaps in Existing Research***

While extensive research has examined the relationship between parenting styles and adolescent aggression, several gaps remain, particularly within the Indian context. These gaps highlight the need for further studies to better understand how parenting influences adolescent behavior, coping strategies, and long-term psychological well-being. Exploring these aspects can contribute to the development of more effective parenting interventions and mental health support systems for adolescents.

One key area that requires further investigation is the role of cultural and regional variations in parenting approaches and their impact on adolescent aggression. Although existing research broadly classifies parenting styles, limited studies have analyzed how cultural and regional differences within India influence these styles and shape adolescent behavior. For example, *Patel and Singh (2017)* observed that urban parents were more inclined toward modern, permissive parenting, whereas rural parents predominantly followed authoritarian

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methods based on traditional values. However, more research is needed to determine how these cultural differences affect adolescent coping mechanisms, emotional regulation, and aggression management. Given India's diverse socio-economic backgrounds and family structures, a more comprehensive analysis is essential to assess whether different parenting practices lead to distinct psychological and behavioral outcomes.

Another underexplored area is the role of gender differences in aggression coping strategies. Although studies like *Jain and Srivastava (2018)* have examined how boys and girls exhibit aggression differently, fewer have focused on the development of distinct coping mechanisms shaped by parenting and social expectations. Traditionally, Indian society has encouraged assertiveness in boys while promoting emotional restraint in girls. However, limited research has assessed how these societal norms influence adolescents' ability to regulate aggression and stress. A deeper examination of gender-specific emotional responses is necessary to understand how boys and girls either internalize or externalize aggression, and how parenting styles contribute to or mitigate these tendencies. Investigating how gender influences responses to parental discipline, emotional support, and stressful situations could help create targeted interventions for fostering healthier coping mechanisms.

Additionally, research on the long-term psychological effects of various parenting styles remains insufficient. Most studies focus on immediate behavioral outcomes of parenting, often neglecting their lasting impact as adolescents transition into adulthood. *Kumar and Tiwari (2020)* suggested that negative parenting experiences, such as excessive control, emotional neglect, or harsh discipline, may contribute to chronic stress, anxiety, depression, and low self-esteem in later life. However, there is a lack of longitudinal studies tracking adolescents over time to examine the enduring effects of these parenting styles. Understanding how different parenting approaches influence mental health, relationship patterns, and emotional resilience in adulthood would provide valuable insights into the lasting consequences of early familial experiences.

### IMPACT OF CHANGING PARENTING TRENDS

With modernization, urbanization, and technological advancements, parenting styles are continuously evolving. However, *Singh and Kaur (2022)* highlighted the lack of research on contemporary Indian parenting, particularly regarding the influence of social media, digital parenting, and shifting work-life dynamics on adolescent aggression and coping mechanisms. As digital interactions become increasingly prominent, further studies are needed to explore the psychological and behavioral effects of modern parenting on adolescent development.

Numerous studies have examined the connection between perceived parenting styles and adolescent behavior. Research indicates that authoritative parenting—marked by warmth, responsiveness, and clear expectations—promotes positive outcomes, such as reduced aggression (*Hart & Risley, 1995*) and improved coping skills (*Gould, 2015*). In contrast, authoritarian parenting, which prioritizes strict discipline with minimal emotional support, has been associated with heightened aggression (*Weiss et al., 2015*) and weaker coping abilities (*Kuppens et al., 2013*).

Adolescent aggression remains a significant concern, as both perpetrators and victims experience lasting consequences. Studies suggest that adolescents exposed to aggression are at an increased risk of developing mental health challenges, such as anxiety and depression

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(*Hawker & Boulton, 2000*), as well as social difficulties, including peer rejection and isolation (*Bukowski et al., 2010*).

Coping strategies play a crucial role in how adolescents manage stress and adversity. Researchers classify coping mechanisms into three main types: problem-focused coping, emotion-focused coping, and avoidance coping. Among these, problem-focused coping—actively addressing challenges and seeking solutions—is regarded as the most effective strategy (*Compas et al., 2017*). Conversely, avoidance coping is linked to negative outcomes, such as increased stress and anxiety (*Kraaij et al., 2003*).

The influence of perceived parenting styles on adolescent aggression and coping abilities is well-documented. Studies show that authoritative parenting, which balances emotional support, structure, and discipline, fosters resilience, emotional regulation, and healthy coping mechanisms. In contrast, authoritarian and neglectful parenting styles may lead to impulsivity, anger issues, and maladaptive coping behaviors. However, existing research has several gaps, particularly in understanding the role of cultural factors, gender-specific coping differences, long-term psychological effects, and the impact of evolving parenting trends.

Current findings emphasize a strong correlation between perceived parenting styles and adolescent development in India, particularly concerning aggression and coping mechanisms. The literature suggests that authoritative parenting, which integrates warmth, structure, and open communication, plays a pivotal role in fostering positive adolescent outcomes. This approach creates a secure and supportive environment that enhances emotional regulation, adaptive coping skills, and reduced aggression. Adolescents raised in authoritative households tend to exhibit higher self-efficacy, better problem-solving abilities, and a greater inclination to seek social support when facing challenges. This parenting style also encourages autonomy within a structured setting, helping adolescents manage stress effectively.

On the other hand, authoritarian parenting—characterized by rigid control, high expectations, and low emotional responsiveness—has been associated with adverse developmental effects. Adolescents who perceive their parents as authoritarian are more likely to display aggressive behavior, both physically and relationally. This parenting style may also suppress emotional expression and hinder autonomy, leading to feelings of resentment and defiance. Additionally, authoritarian parenting has been linked to unhealthy coping mechanisms, such as avoidance, emotional suppression, and difficulty managing emotions.

### **METHODOLOGY**

This study utilizes a quantitative research approach to investigate the relationship between perceived parenting styles and adolescents' aggression coping strategies. A correlational research design is employed to assess how different parenting styles influence coping mechanisms and whether these effects vary by gender. A sample of 61 adolescents, aged 12 to 18 years, will be selected through convenience sampling from schools or community settings, ensuring diverse backgrounds while maintaining a focus on adolescent experiences with parenting and aggression management.

Prior to data collection, informed consent from parents/guardians and assent from participants will be obtained. Structured questionnaires will be the primary data collection

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method, incorporating the **Parenting Style Questionnaire**, which assesses perceptions of parenting styles (authoritative, authoritarian, and permissive), and the **Aggression Coping Style Questionnaire**, which evaluates coping strategies such as avoidance, problem-solving, and reactive aggression. Both questionnaires have been previously validated for reliability.

Data collection will take place in controlled settings, such as schools or community centers, to minimize distractions and maintain participant focus. Clear instructions will be provided before the questionnaires are administered, ensuring that participants understand the process. To encourage honest responses, all data will be collected anonymously.

Statistical analysis will involve **t-tests** and **correlation analysis** to explore the relationship between parenting styles and aggression coping strategies, as well as any significant gender differences. A **95% confidence level ( $p < 0.05$ )** will be applied to determine statistical significance.

Ethical considerations will be strictly followed, ensuring **confidentiality and voluntary participation**. The study will undergo review and approval by an **ethical review board** to ensure adherence to research ethics and guidelines.

By implementing a structured quantitative approach with validated instruments and rigorous statistical analysis, this study aims to offer valuable insights into how parenting styles influence adolescent aggression coping strategies, with a particular focus on gender-based differences.

### *Data Analysis*

Data were analyzed using descriptive statistics independent t-test and Pearson's product-moment correlation. The Pearson's correlation was employed to examine the relationship between parenting style and aggression within the entire sample. The t-test was used to compare parenting style and aggression scores on gender differences between male and female. Additionally, to ensure the strength of the result, gender was treated equally with male and female it is not significant.

**Table 1: Correlations for Parenting Style and aggression.**

Variables	Pearson Correlation	Sig. (2-tailed)	N
Parenting Style	.343**	.007	60
Aggression	.343**	.007	60

*The data in table 1* represents correlation between the two variables Parenting Style and Aggression. The score of .343\*\* represents positive correlation.

**Table-2: T-Test for Parenting Style and Gender**

Gender	N	Mean	Std. Deviation	Std. Error Mean
Male	27	33.81	4.15	0.79
Female	33	35.75	4.17	0.72

*The data table 2* represents the gender difference analysis for Parenting Style scores. It shows that males are not significant (33.81) and female (35.75). The above table quantitatively proves that gender are not significant in parenting style.

**Table-3: T-Test for Aggression and Gender**

Gender	N	Mean	Std. Deviation	Std. Error Mean
Male	27	34.40	3.45	0.66
Female	33	35.96	4.29	0.74

*The data table 3* represents the gender difference analysis for Aggression scores. It shows that males are not significant (34.40) and female (35.96). The above table quantitatively proves that gender is not significant in agree.

## DISCUSSION

Adolescence is a pivotal stage in emotional and social growth, during which individuals develop their ability to manage emotions, build relationships, and shape their identities. Parenting styles have a significant influence on how adolescents regulate their emotions, particularly in coping with aggression. This study highlights a strong connection between perceived parenting styles and aggression management, emphasizing that adolescents' perceptions of their parents' behavior affect their ability to handle anger and frustration. Those who experience a supportive and nurturing parenting approach are more likely to develop effective coping mechanisms, while those exposed to authoritarian or neglectful parenting may struggle with emotional regulation, leading to responses such as aggression, withdrawal, or defiance.

The results indicate that adolescents raised under authoritative parenting, which combines warmth with structured discipline, tend to develop effective coping mechanisms such as problem-solving and emotional regulation. The presence of clear expectations, parental involvement, and open communication fosters emotional resilience, self-discipline, and constructive conflict resolution skills. When adolescents feel supported and valued, they are more likely to adopt adaptive coping strategies that reduce aggressive behaviors. Previous research supports these findings, emphasizing that authoritative parenting enhances emotional intelligence, which is crucial for managing stress and interpersonal relationships.

Conversely, authoritarian parenting, characterized by strict control and minimal emotional warmth, is associated with aggressive coping behaviors. Adolescents growing up in highly controlling households may feel compelled to conform to rigid expectations, often without opportunities for self-expression. The lack of emotional support in such environments can lead to frustration, helplessness, and resentment, which may manifest as outward aggression. Others may suppress their emotions, increasing their vulnerability to chronic stress, anxiety, and depression. Studies suggest that adolescents subjected to authoritarian parenting are more prone to hostility, struggle with emotional regulation, and experience difficulties in forming and maintaining healthy relationships due to heightened frustration and fear.

### *The Psychological Impact of Perceiving Parents as “Super Strict”*

Another key finding of this study is the effect of adolescents perceiving their parents as excessively strict. While structure and discipline are crucial for healthy development, extreme parental control can negatively impact an adolescent's emotional and psychological well-being. When adolescents feel that their parents impose rigid rules with little allowance for autonomy, it can lead to increased stress, rebellious behavior, and difficulties in emotional regulation.

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One of the most common outcomes of perceived excessive strictness is heightened stress and anxiety. Adolescents who constantly fear punishment or struggle to meet high parental expectations may experience chronic stress, leading to emotional distress. The pressure to strictly adhere to rules, avoid mistakes, or meet unrealistic academic and behavioral standards can result in feelings of inadequacy, self-doubt, and anxiety. Over time, this persistent stress can lead to emotional exhaustion, decreased motivation, and mental health concerns such as anxiety disorders.

Excessive parental control can also lead to defiance and rebellious behavior. When adolescents feel overly restricted, some may push back against authority in an attempt to assert their independence. This resistance can manifest in risk-taking behaviors, rule-breaking, or aggression toward authority figures such as parents, teachers, or school administrators. Rather than instilling discipline, extreme strictness may drive adolescents to seek validation and autonomy outside the home, sometimes leading to negative peer influences or delinquent behaviors. Research indicates that adolescents exposed to authoritarian parenting often engage in defiant behaviors as a reaction to feeling overly controlled, fueling ongoing conflicts between parents and children.

On the other hand, some adolescents may cope with strict parenting by suppressing their emotions, internalizing frustration and anger instead of expressing them constructively. When emotions are continuously suppressed, they may build up over time, potentially leading to sudden emotional outbursts or uncontrolled aggression. Adolescents who lack opportunities to voice their concerns may develop emotional numbness, social withdrawal, or even symptoms of depression. They may struggle to communicate openly, fearing criticism or punishment from their parents, which can hinder their ability to form healthy relationships with peers and adults.

Moreover, a highly restrictive home environment can hinder social development, limiting an adolescent's ability to build meaningful relationships and develop conflict-resolution skills. Social interactions play a vital role in adolescent growth, teaching cooperation, empathy, and effective communication. However, when strict parenting restricts social opportunities, adolescents may struggle with peer interactions, making it difficult for them to navigate social situations or resolve conflicts constructively. This can result in social isolation, difficulty maintaining friendships, and challenges in teamwork or collaboration in academic and professional settings.

### ***Balancing Discipline and Emotional Support***

While discipline and structure are important for a child's development, excessive strictness can hinder emotional growth rather than foster it. Effective parenting involves striking a balance between providing guidance, offering emotional support, and allowing autonomy. Adolescents thrive when they are encouraged to develop independence while also feeling secure and valued. When parents prioritize open communication, set realistic expectations, and acknowledge their children's emotions, they create a supportive environment that nurtures emotional well-being. Adolescents who feel heard and understood are more likely to develop positive coping strategies such as problem-solving, emotional regulation, and resilience.

This study emphasizes the crucial role that parenting styles play in shaping how adolescents handle aggression. While authoritative parenting promotes emotional regulation and adaptive coping skills, authoritarian and neglectful parenting styles can contribute to

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aggressive tendencies, emotional distress, and social difficulties. Adolescents who view their parents as overly strict often experience heightened stress, rebellious behavior, emotional suppression, low self-esteem, and difficulties in social interactions. Therefore, adopting a well-balanced parenting approach—one that combines discipline with warmth and communication—is essential for fostering emotional well-being and effective coping strategies. Gaining insight into these dynamics can help parents, educators, and mental health professionals cultivate environments that support emotional resilience and constructive conflict resolution in adolescents.

### *How Can We Help Adolescents Cope Better?*

Effectively addressing the negative effects of strict parenting requires a well-balanced approach that helps adolescents develop emotional regulation and manage aggression in a constructive manner. Based on this study's findings, it is essential to adopt strategies that promote healthy emotional growth and adaptive coping mechanisms. Parents play a crucial role in shaping these behaviors, making a shift toward authoritative parenting highly beneficial. Unlike authoritarian or permissive styles, authoritative parenting strikes a balance between discipline and emotional support by fostering open communication and setting clear but reasonable expectations. Creating a supportive environment where adolescents feel heard and valued can help build emotional resilience and encourage positive coping methods. Rather than enforcing rigid obedience without explanation, parents should engage their children in discussions about rules and consequences, helping them internalize values rather than simply complying out of fear.

A key recommendation for parents is to acknowledge and validate their child's emotions rather than disregarding or minimizing them. Adolescents experience intense emotions, and feeling ignored or invalidated can lead to frustration and unhealthy expressions of aggression. By actively listening, offering reassurance, and recognizing their emotions, parents can help their children develop self-awareness and emotional intelligence. Encouraging adolescents to express their feelings constructively instead of suppressing them or acting out aggressively supports long-term emotional well-being. Additionally, teaching problem-solving skills empowers adolescents to handle conflicts in a healthy manner. Instead of imposing solutions or resorting to strict discipline, parents should guide their children in evaluating situations, considering potential outcomes, and making informed choices. This approach not only reduces aggressive tendencies but also fosters essential problem-solving skills that are useful throughout life.

For adolescents, developing healthy coping mechanisms is crucial in managing aggression and emotional distress. Schools, parents, and community programs should promote activities that relieve stress, such as journaling, deep breathing exercises, physical activity, or creative expression. These outlets provide alternative ways for adolescents to process emotions, reducing the likelihood of aggressive behaviors. Furthermore, strong peer and mentor relationships play a vital role in adolescent development. Trusted adults—such as teachers, coaches, or counselors—along with supportive friends, can offer additional guidance and encouragement. When adolescents receive support beyond their immediate family, they develop a greater sense of belonging and emotional stability.

By adopting these recommendations, parents, educators, and mental health professionals can create environments that support emotional well-being and encourage constructive coping strategies among adolescents. A comprehensive approach that combines supportive

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parenting, skill-building activities, and access to mentorship can significantly reduce aggressive behaviors and contribute to healthier adolescent development.

### CONCLUSION

In conclusion the analysis of the data collected and the existing literature, this study confirms the significant role that perceived parenting styles play in influencing aggression and coping mechanisms among adolescents. The findings highlight that an authoritative parenting approach, characterized by warmth, clear expectations, and open communication, is associated with positive outcomes, including effective emotional regulation and constructive coping strategies. In contrast, authoritarian, permissive, and neglectful parenting styles are linked to increased aggression and maladaptive coping behaviors. The study also emphasizes the negative impact of adolescents perceiving their parents as overly strict. This perception can lead to heightened stress, rebellious behavior, emotional suppression, low self-esteem, and difficulties in social interactions. To foster healthy adolescent development, it is crucial for parents, educators, and mental health professionals to promote supportive parenting practices, encourage open communication, and equip adolescents with effective coping strategies. This comprehensive approach can contribute to reducing aggressive behaviors and promoting emotional well-being among adolescents. While this study provides valuable insights, it is important to acknowledge its limitations, including the small sample size and potential biases in the responses. Future research should address these limitations by utilizing larger, more diverse samples and employing longitudinal designs to examine the long-term impact of parenting styles on adolescent development. Additionally, further investigation into cultural and regional variations in parenting practices within the Indian context is warranted, this research underscores the critical role of parenting styles in shaping adolescent aggression and coping mechanisms. By promoting supportive parenting, fostering open communication, and teaching healthy coping strategies, we can create environments that nurture emotional resilience, reduce aggression, and support positive adolescent development.

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### **Conflict of Interest**

The author(s) declared no conflict of interest.

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