



## Effect of Parenting Style on Resilience among adolescents

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**Abstract-** Every parent has their own style to interact with their children and this interaction process is one of the very important features in development of resilience in adolescents. Authoritative or acceptance –involvement style of parenting is very responsive and sensitive to their children, they create a secure environment which help to building resilience among adolescents. This study examines the effect of parenting style on resilience among adolescents. Six hindered (300 boys and 300 girls) school students were participated in the study. Pearson correlation test was used to calculate the correlation, t test used to find out the gender difference.

**Keywords-** parenting style, Authoritative parenting, Authoritarian parenting, permissive parenting, Resilience.

### I. INTRODUCTION

The concept of psychology earlier concern with pathology, abnormality and illness but a new tradition of psychology is now emerged as positive psychology, which focused on individual strength such as, joy, resilience, love, happiness and well-being.

“Positive psychology is the scientific study of what makes life most worth living” (Peterson, 2008).

Generally positive psychology emphasize the power of shifting owns perspective or improving our own quality of life. There are lots of concepts that we studied under the concept of positive psychology and resilience is one of them. Originally, Werner (1993) used the word Resilience, its hidden quality to rebound right back or to revive lives even with devastating disaster. Resilience could be the ability of an individual to maintain their psychological and affecting wellness after difficult circumstances. It is protective process that works in negative circumstances (Masten, 2001; bonanno, 2004). Resilience is just an effective process and relate solely to successful coping and adjustment in the time of significant danger or serious threat (Luther & Eisenberg, 2017).

Resilient person effectively cope after devastating tragedies and able to create their own environment. It's the ability of a person to maintain their emotional and mental health.

Numerous studies show that relationship between parents and child could affect the emotional well-being of child in both positive and negative ways. (Dwairy & Menshar 2006) The way in which parents rear their children is very important aspect in shaping parent and child relationship. Authoritative parenting style endorses the emotional health and limits the psychological problems. (Darling & Steinberg, 1993) Parenting is often considered as a process of socialization, which represents an important part in human growth (Hill, Mullis, Readdick, & Wateus, 2000). Earlier findings stated that style of parenting is linked to numerous aspect of adolescents actions counting children's societal boldness, cultural obligation cognitive aptitude (Baumrind, 1971; Browne, 1989), social change and peer relationship (Baumrind, 1961; Black & Baumrind 1967; Feldman &Wentzela, 1990) intellectual attainment. Baumrind (1991) describes parenting style as a construct that identify normal variation in efforts by parents to socialize and get control on their young ones. Parenting behavior differs from one individual to another usually comes along four types authoritative, authoritarian, permissive and neglectful. Parental demand and parental response is two dimensions on which parenting style conceptualized (Wolfrat, Hempel & Miles, 2003).

### OBJECTIVE OF STUDY

The following objective has been framed for the current study:-

1. To study the gender difference in parenting style and resilience.
2. To study the relationship between parenting style and resilience.

## II. METHOD

### SAMPLE

The total sample for the current study consists of six hundred students (300 males and 300 females) with the age range of 14-18 years. The sample was selected randomly from 10 different schools of Hissar City.

### Questionnaire used in study

1. Parenting scale (PAQ) Parental Authority Questionnaire (PAQ) by John R. Buri (1991) to measure Baumrind's three types of parenting style. The questionnaire evaluates mothers and fathers' authoritarianism, authoritarianism, and permissiveness separately with 30 items each. Items are scored on a 5-point rating scale ("strongly disagree to strongly agree"). Test-retest reliability is .81, .86, & .78 for mother's permissiveness, authoritarianism, and authoritarianism respectively. Cronbach's alpha value for fathers' authoritarianism and authoritarianism are .87 and .85 respectively.

2. "The Resiliency Scale for Children and Adolescents" (RSCA) prepared by Sandra Prince-Embury (2006) was used to assess the resilience in adolescents. It was measured in three aspects of personal resiliency including sense of mastery, sense of relatedness, and emotional reactivity. This scale contains 40 items and it was a self-report questionnaire. Each item was rated on a 5-point scale ranging from never (0) to almost always (4). Reliability of this scale was .95 and validity of this scale is also very good.

### Statistical Analysis Used for the study

To find out the effect of parenting style on emotional maturity and anxiety of school students, Pearson's product-moment method of correlation is used in the study. Descriptive statistics like Mean and SD are also used for the analysis of data and t-test is used to find out the gender difference.

## III. RESULTS

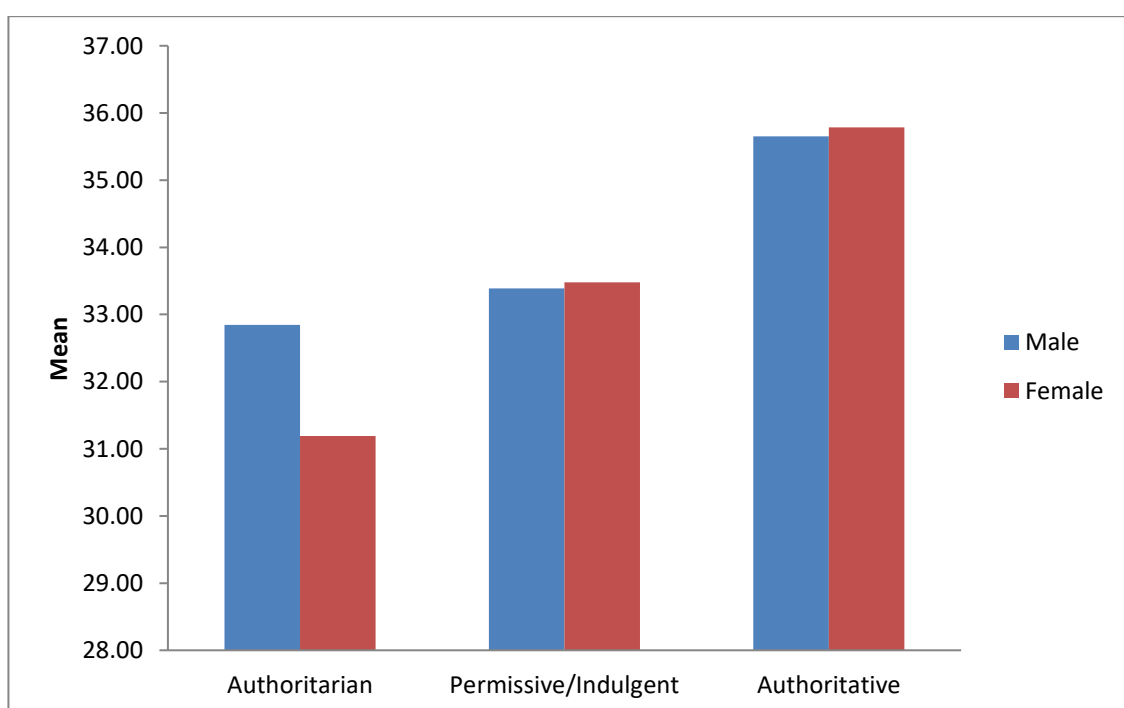
**Table 1: Showing Mean, SD, of total sample for all variables**

Variables	N	Mean	Std. Deviation
Authoritarian(Mother)	600	32.02	5.37
Permissive/Indulgent(Mother)	600	33.43	5.36
Authoritative(Mother)	600	35.72	5.21
Authoritarian(Father)	600	31.97	5.68
Permissive/Indulgent(Father)	600	33.14	5.82
Authoritative(Father)	600	35.99	5.68
Sense of Mastery	600	49.70	9.53
Sense of Relatedness	600	58.58	12.50
Emotional Reactivity	600	29.38	11.63
Resilience	600	138.04	21.33

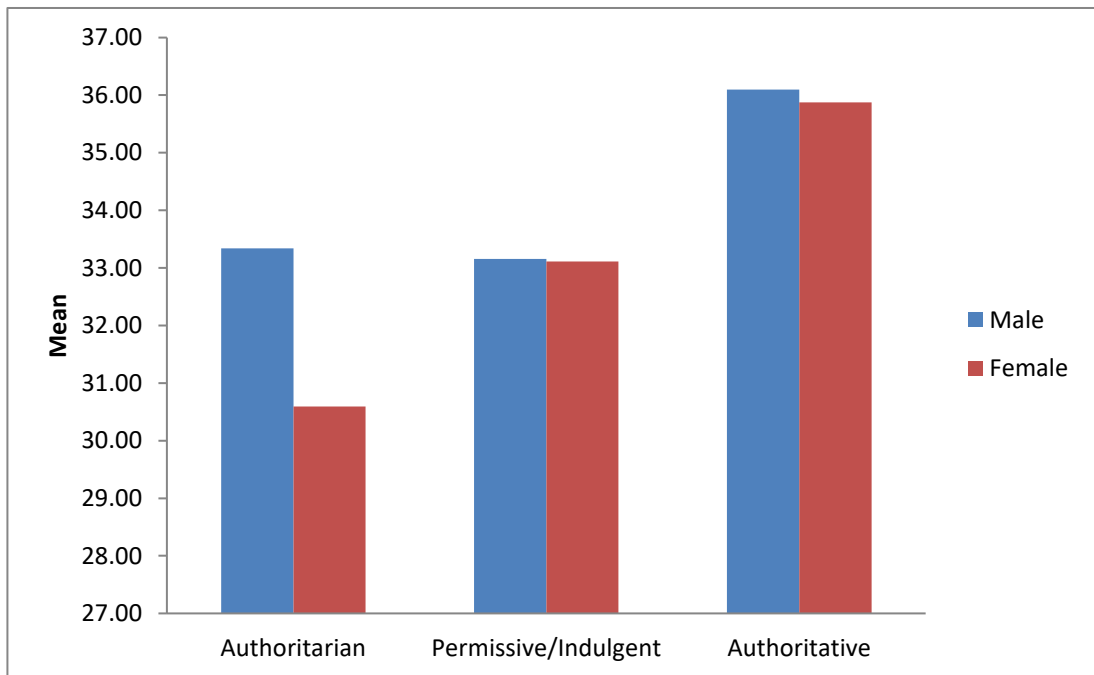
**Table 2: Showing t-ratios of all variables across gender**

Variables	Male		Female		t-value	p-value
	Mean	SD	Mean	SD		
Authoritarian(Mother)	32.85	5.12	31.19	5.50	3.818	.0001**
Permissive/Indulgent(Mother)	33.39	5.50	33.48	5.22	.198	.843
Authoritative(Mother)	35.65	4.95	35.79	5.47	.313	.754
Authoritarian(Father)	33.34	5.41	30.59	5.63	6.094	.0001**
Permissive/Indulgent(Father)	33.16	5.87	33.11	5.78	.091	.927
Authoritative(Father)	36.10	5.54	35.87	5.82	.481	.631
Sense of Mastery	50.61	10.21	48.79	8.72	2.343	.019*
Sense of Relatedness	59.86	12.14	57.30	12.74	2.523	.012*
Emotional Reactivity	28.47	11.55	30.29	11.66	1.924	.055
Resilience	139.28	21.56	136.80	21.07	1.425	.155

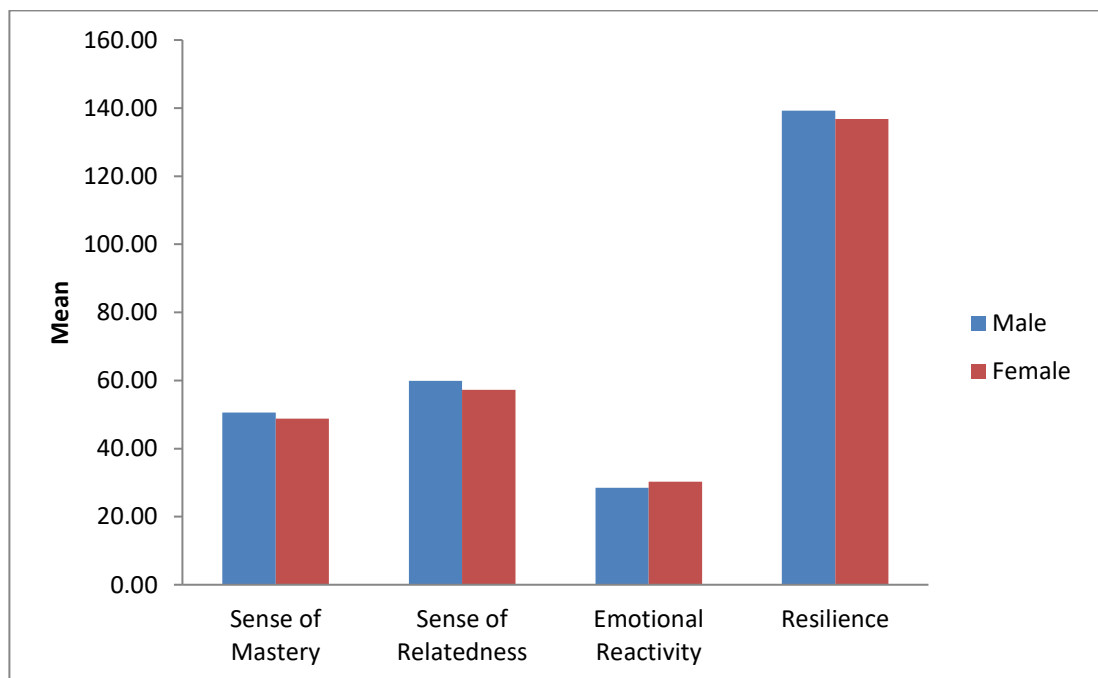
Analysis of table 2 discovered that male school students, scored notably high on authoritarian parenting style of mother ( $t=3.818$ ,  $p<.01$ ), authoritarian parenting style of father ( $t=6.094$ ,  $p<.01$ ), sense of mastery ( $t=2.343$ ,  $p<.01$ ) and sense of relatedness ( $t=2.523$ ,  $p<.01$ ), than their counterparts. However, gender differences were not found significant for all the other remaining variables, permissive/Indulgent style of parenting, authoritative parenting style of mother and father, emotional reactivity and resilience.



**Mean of male and female students for authoritarian, permissive/indulgent and authoritative variables of the mother**



**Mean of male and female students for authoritarian, permissive/indulgent and authoritative variables of the father**



**Mean of male and female students for sense of mastery, sense of relatedness, emotional reactivity and resilience variables**

**Table 3: Showing coefficient of correlation of Parenting Style and Resilience:**

	Sense of mastery	Sense of Relatedness	Emotional Reactivity
Authoritarian M	.054	.072	.110**
Permissive M	.071	.116**	.060
Authoritative M	.101*	.165**	-.023
Authoritarian F	.028	.019	.068
Permissive F	.032	.135**	.066
Authoritative F	.059	.169**	-.062

\*\* . Correlation is significant at the 0.01 level (2-tailed).

\* . Correlation is significant at the 0.05 level (2-tailed).

The above table illustrates the correlation between the parenting style and resilience variable of students. Authoritarian mother has positive and significant relation with emotional reactivity variable of resilience, permissive mother and father has positive and significant relation with sense of relatedness. Further Authoritative mother has positive and significant relation with sense of mastery and sense of relatedness, Authoritative mother has non-significant negative correlation with emotional reactivity. Authoritative father has positive and significant relation with sense of relatedness, Authoritative father has non-significant negative correlation with emotional reactivity.

### Regression Analysis

**Table 4: Dependent Variable: Sense of mastery**

Model	R	R <sup>2</sup>	Adj. R <sup>2</sup>	B	Standardized Coefficients Beta	t	Sig.
1	.621*	.415	.413	.563	.621	4.406	.000*

Table 4 shows model summary that shows that authoritative style of parenting predicts the resilience in significant way. The value of Adjusted R square was found significant. Authoritative parenting style accounted for 41% of total outcome variance. Regression model shows that Authoritative parenting style is good predictor of resilience among adolescents. This shows that those adolescents who perceive their parents as authoritarians shows less sense of mastery. Authoritative style of parenting contributes more to the regression model of sense of mastery with a standerdardized coefficient of .62. This shows that those adolescents who perceive their parents as supportive have greater ability of resilience than those of authoritarian and permissive style of parenting.

**Table 5: Dependent Variable: Sense of relatedness**

Model	R	R <sup>2</sup>	Adj. R <sup>2</sup>	B	Standardized Coefficients Beta	t	Sig.
1	.512	.349	.335	.455	.517	4.461	.000*

Table 5 shows model summary that shows that authoritative style of parenting predicts the sense of relatedness dimension of resilience in significant way. The value of Adjusted R square was found significant. Authoritative parenting style accounted for 33% of total outcome variance. Regression model shows that Authoritative parenting style is good predictor of resilience among adolescents. This shows that those

adolescents who perceive their parents as authoritarians shows less sense of relatedness. Authoritative style of parenting contributes more to the regression model of sense of relatedness with a standardized coefficient of .51. This shows that those adolescents who perceive their parents as supportive have greater ability of resilience than those of authoritarian and permissive style of parenting.

**Table 6: Dependent Variable: Emotional reactivity**

Model	R	R <sup>2</sup>	Adj. R <sup>2</sup>	B	Standardized Coefficients Beta	t	Sig.
1	.138	.119	.114	-.194	-.123	-1.95	.000*

Table 6 shows model summary that shows that authoritative style of parenting predicts the emotional reactivity dimension of resilience in significant negative way. The value of Adjusted R square was found significant. Authoritative parenting style accounted for 14% of total outcome variance. Regression model shows that Authoritative parenting style is good predictor of emotional maturation among adolescents. This shows that those adolescents who perceive their parents as authoritarians show emotional problems. Authoritative style of parenting contributes more to the regression model of emotional reactivity with a standardized coefficient of .12. This shows that those adolescents who perceive their parents as supportive have greater ability of resilience than those of authoritarian and permissive style of parenting.

#### IV. DISCUSSION

Aim of this study is to see the effect of parenting style on adolescent's resilience. In the development of adolescent's resilience, the style of parent's interaction is valuable. Life of teenagers is filled with risks, oppositeness and stress, which have the potential to deviation an person's growth into healthy cheerful adult. The style of parent's communication with their children is very significant in the development of resilience of young people. It has an important place in parent- child relationship and it results attachment (Ainsworth, Blehar & Waters, 1978).

The outcomes of this study suggest that there was a affirmative and significant relationship with authoritative style of parenting and sense of relatedness and sense of mastery dimensions of resilience. The development of resilience is based on warmth, supportive and child centered parenting style, therefore could be concerning as a shielding factor that may amplify the ability to overcome depressing life events and disaster. Parenting styles is related to higher levels of resilience in teenage years, and adulthood. Theron (2015) has been suggesting that resilience give a defensive system that includes problem-solving, self-discipline, and critical thinking. Lack of parental support from an early age is related with poor adjustment. Support for the influence of parental behavior on resilience also comes from Masten and Coatsworth's theory that those whose parents do not show acceptance score low on resilience. Pillay, (2020) explained that Resilience is positively related to authoritative parenting style, while a weak negative relationship between authoritarian parenting style and resilience. Ritter, (2005) reported that an authoritative parenting style is associated with high level of resilience while authoritarian and permissive parenting styles were most often associated with those participants with low resiliency. Authoritative parents are attuned to their child's need, which helps the child to master early stage-salient development tasks and on that base to build more differentiated, complex capacities needed to master significant environmental challenges (Wyman et al., 1999). Another study conducted by Danko (1994) reported that the perceived parenting style have ample impact on the psychopathology of adolescents. Affirmative relationship with children gives a form of a social support, which enhances the coping skills and emotional stability of children, further adolescents with authoritarian parents reported less frequent use of active coping behavior than did students with highly permissive or authoritative parents. Previous research and theoretical background strongly suggest that perceived parental style has an effect on an individual's resilience.

Authoritarian parenting style and emotional reactivity facet of resilience have significant affirmative relationship, which indicates that strict direction style of parenting effect the mental and emotional health of adolescents. A study consists with present findings, which suggests that affirmative relationship between father's authoritarian style and emotional focused coping strategy in adolescents, and authoritarian

parenting is closely associated with psychological disturbances. Kaisa & Nurmi,(2009) study supports our findings and explains that psychological control and high warmth leads to problem behavior, whereas behavior control excise with low level of psychological control lessen child's problem behavior, another study shows that there is affirmative relationship between authoritarian parenting style and depressive symptoms and child desperate behavior.

## V. CONCLUSION

This study shows that authoritative style of parenting significantly predicts the resilience among adolescents. Insignificant relationship was found between authoritarian parenting style and resilience

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