



A Study On Parenting Style On Parent Child Relationship And Psycho Social Well-Being Of Adolescent Children

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Abstract

A parenting style is a psychology concept that denotes the typical tactics employed by parents in the upbringing of their children. The parenting style is influenced by the temperaments of both parents and children, and is mostly shaped by the impact of one's own parents and cultural background. Parenting style is a psychology concept that denotes the typical tactics employed by parents in child-rearing, which affect the psychological well-being of teenagers. Parents assign minimal significance to the notion that the circumstances in which they and their children are developing differ. Currently, children are raised in nuclear families, often lacking help from grandparents and sometimes having one or no siblings. The children have become the focal point of their parents' universe, facing the stress of meeting often unrealistic parental expectations.

The phrase psychological well-being encompasses a broad spectrum of meanings, typically linked to wellbeing. Historically, most studies have defined wellbeing as the absence of illness, specifically the lack of anxiety, depression, or other mental health issues. Psychological well-being encompasses self-esteem, positive affectivity, engagement in everyday activities, life satisfaction, absence of suicidal ideation, personal agency, social support, absence of stress, and overall efficacy. This study seeks to investigate adolescent perceptions of parenting, the influence of socio-demographic characteristics on perceived parenting styles and adolescents' psychological well-being, the effects of perceived parenting styles on the psychological well-being of urban adolescents, and the impact of parenting on the psychological well-being of mother and father.

Keywords: Parenting style, Psychological well-being, Satisfaction, Adolescent, Children

1.0 Introduction

1.1 Parenting style

Parenting can be defined as intentional actions designed to secure the survival and growth of children. Parenting involves the rearing of children while offering them protection and care to facilitate their healthy maturation into adulthood. Parenting style denotes the manner in which parents nurture their children. Parenting is an ongoing process characterized by one's attitude towards their children. It is an undeniable fact that a child entrusts the responsibility of their upbringing to their parents. They provide their children with a conducive social environment that fosters emotional growth and

flourishing. The behaviors, attitudes, and values that parents employ to determine their interactions with their children are termed parenting styles. Parents require teenagers to adhere to their regulations, and adolescents are expected to conform and fulfill the standards set for their labor and effort. The quality of the parent-adolescent relationship is the most dependable predictor of adolescent mental health and psychological well-being, which can be elucidated by the parents' parenting style. The parenting approach of parents directly influences the psychological well-being of teenagers. Two realities underpin the relationship between teenagers' well-being and perceived parenting. The primary reality, the home environment, is the initial social context in which teenagers have continually been affected and supervised by their parents.

1.2 Psychological Well-Being

According to the Random House Dictionary, well-being is a favorable or pleasant state of existence, marked by health, happiness, prosperity, and welfare. Well-being is an ongoing process that entails sustaining equilibrium and integration in one's life, as well as honing abilities and re-evaluating prior beliefs and positions on problems as necessary. The well-being of an individual is pivotal in their existence. It influences the individual's behavior across all three domains: cognitive, emotional, and psychomotor. Well-being not only promotes effective adaptation in various aspects of life but also increases all forms of production. The contribution to well-being is directly associated with individual affluence and indirectly with national wealth. Psychological well-being pertains to individuals' self-assessment and their capacity to meet specific dimensions of their lives, including relationships, support, and employment. Various factors may influence the general and psychological well-being of teenagers. The psychological well-being of adolescents is affected by numerous factors, including biological impacts, social environment, culture, poverty, education, technology, and both personal and environmental factors. Carol Ryff suggests that well-being should not be perceived as a simplistic notion but rather as synonymous with hedonistic experiences in contrast to suffering. A comprehensive approach to well-being entails striving for excellence and fulfilling one's potential.

From a social perspective, the primary objective of psychological well-being is to equip individuals to be content, productive, and beneficial to others, so allowing them to contribute to a dynamic and challenging society. Extensive research is conducted on the psychological well-being of adults, as they are primary contributors to humanity. Few studies address the psychological well-being of adolescents, particularly in developing nations such as India. The psychological wellbeing of teenagers signifies the individual's capacity to identify their emotions, possess proficient social skills, excel academically, receive adequate social support, and exhibit an absence of psychopathology. Psychological well-being entails life satisfaction and the capacity to differentiate between positive and negative emotions. The psychological well-being of teenagers is crucial as it establishes a foundation for the future of both the youth and society. The psychological well-being of youth facilitates their discovery of life's purpose, autonomy, environmental mastery, self-acceptance, and positive relationships with others.

1.3 Parenting Adolescents

Adolescence is an exciting and transformative phase for youth. No developmental stage engenders as significant transformation in a youngster as adolescence. Adolescents, confronted with bodily transformations and cognitive maturation, continually reassess their connections with family, peers, educational institutions, and the community. It is a transition from reliance to autonomy in interactions with parents. The parenting style significantly influences adolescents in confronting this substantial issue. In the present context, parents believe they possess the best intentions in nurturing their offspring, however frequently attribute the children's behaviour to their own shortcomings. Regrettably, it is the parents that employed detrimental child-rearing approaches. The majority of adolescent issues arise when parents do not comprehend the physical and psychological transformations experienced by these individuals. This is a phase characterised by heightened internal and external conflicts, uncertainty, anxiety, and difficulties in adjustment for young adults.

2.0 Review of Literature

Gupta, M., & Mehtani, D. (2015) elucidated in their study that child-rearing practices foster physical development and enhance overall well-being. Their research findings demonstrated that an authoritative parenting style yielded favorable developmental outcomes. The study advised parents to demonstrate attention for their children and cultivate their psychological and social development.

Sahu, K. (2016) investigated the correlation between psychological well-being and parenting methods in connection to students' mental health. The results demonstrated a strong correlation between psychological well-being and authoritative parenting styles with mental health, while permissive parenting methods shown a notable positive link. Mental health is influenced by psychological well-being and parenting practices.

Dash, S. S., & Verma, S. K. (2017). The family and familial environment significantly influence and directly affect personality throughout one's life. Close, congenial, amicable, and supportive families can enhance an adult's quality of life and positively influence cardiovascular and immunological systems; they are also adept at managing anxiety, stress, and promoting longevity.

Pinquart, M., & Gerke, D. C. (2019) assert that parenting style may be examined through two primary methodologies: the dimensional approach, which analyzes individual parenting dimensions separately, and the typological approach, which integrates specific dimensions into distinct parenting styles.

Gerke, D. C. (2019) conducted a study to examine the impact of parenting styles on the study habits of teenagers. The study aimed to see if various parenting styles affected study habits. The sample comprised 620 individuals ranging from seventh grade to second-year College students. The results demonstrated a robust correlation between astute parenting and effective study habits. The study emphasized that, particularly to foster effective study habits, parents must maintain realistic expectations regarding their children, as well as adhere to their own principles and behaviors in daily life.

Sahni, M. (2020) did a study examining the problem-solving abilities of teenagers in connection to parenting methods and resilience. Resilience and parenting approaches significantly influenced the problem-solving abilities of teenagers. Substantial disparities were identified in the problem-solving capabilities and parenting styles of teenagers.

Mazzeschi, C. (2020) conducted a study to examine the impact of maternal differential care on psychological well-being via the lens of stress proliferation theory. This study indicates that numerous researchers have previously contributed to this area. Equity theory and social comparison theory were employed to elucidate the direct impact of mother unequal treatment on adolescents' psychological well-being.

Seadatee Shamir, A. (2020) did a study to investigate the relationship between psychological prosperity and parenting methods concerning children's emotional well-being. The study's results indicated a significant correlation between psychological well-being and authoritative parenting styles, while permissive parenting approaches exhibited a substantial positive link. Consequently, the study concluded that emotional wellness may be anticipated based on psychological well-being and parenting practices.

3.0 Statement of the problem

The overall development of our adolescent children, encompassing their physical and psychological well-being, must be a paramount focus, as they represent the future, and a healthy populace signifies a robust nation. The psychological health of adolescents is affected by numerous factors, chiefly their parents, along with other demographic elements such as school, peers, neighborhood, home environment, gender, religion, and social position. The literature evaluation indicates a scarcity of Indian studies examining the impact of parenting styles on teenagers' psychological well-being.

4.0 Significance of the study

There is a scarcity of Indian studies, particularly those investigating the elements that affect the psychological well-being of adolescents. The literature review indicates that parents employ diverse parenting techniques based on their personality, needs, and surroundings. In discussions regarding parenting styles, it is frequently noted that mothers worldwide serve as the primary caregivers, exhibiting profound affection and effective communication with their children, in contrast to fathers, who often embody the traditional paternal role characterized by sternness, reserve, and decision-making authority, as dictated by societal norms. This research examines the predominant parenting styles among parents and the resultant adolescent outcomes associated with these styles in our society. It is also essential to examine the misunderstanding surrounding authoritarian parenting, as it is presumed that the upbringing of these children results in adverse outcomes. Numerous studies indicate that the psychological well-being of adolescents contributes in multiple ways. Some data indicates that specific parenting methods can positively or negatively influence psychological well-being. The impact of perceived parenting styles on psychological well-being was examined to comprehend the primary factors influencing the development of adolescent children.

5.0 Research Methodology

The influence of parents should be a primary component affecting the psychological and emotional well-being of these children. The sample comprised 100 children in X standard from two schools in the Delhi NCR region. The respondents' ages ranged from 15 to 17 years. The researcher chose each student as a sample for the study. A simple random sampling procedure was employed, in which 100 pupils were administered a parenting style and psychological well-being assessment scale as a screening exam. Students who had poor marks on this test were chosen for the second stage of the study. The chosen students for the study were allocated to the experimental group (n=50) and the control group (n=50). The researcher randomly picked schools for the study and thereafter recruited students from grades eight, nine, and ten, since they would possess a superior comprehension and facilitate the success of the investigation.

6.0 Objective of the study

1. To examine and evaluate whether there exists a substantial disparity in Perceived Paternal Parenting Styles concerning Psychological Well-Being in teenagers.
3. To study the correlation between parenting style and the psychological well-being of adolescent children.
3. To investigate children's perceptions of parental attachment influenced by nurturing and overprotective parenting styles.
4. To explore the influence of perceived parenting styles on the psychological well-being of adolescent children.

7.0 Hypothesis of the study

1. There will no relationship between Parenting Styles and Psychological wellbeing of adolescents.
2. There will be no significant Relationship between mother's and father's parenting style and Psychological wellbeing.
3. There will be no significant relationship between perceived parenting style and psychological well-being among urban adolescents.

8.0 Data Analysis and Interpretation

TABLE- 1: 1. Relationship between Parenting Styles and Psychological wellbeing of adolescents.

Variable	Mean	R	Significance
Parenting Styles	239.39	-.132	.315 NS
Psychological Well-being	157.87		

Significant at 0.01

Table 1 indicates that there is no substantial correlation between Parenting Styles and Psychological Well-being. Consequently, the null hypothesis stating, "There will be no

relationship between Parenting Styles and the Psychological Well-being of adolescents” is accepted.

TABLE -2: Relationship between mother’s and father’s parenting style and psychological wellbeing

Variable	Group	Mean	“t” value	Sig
Mother parenting style	Pre-test	35.32	.323**	.000
	Post-test	45.23		
Father parenting style	Pre-test	36.07	.487**	.000
	Post-test	44.24		

Significant at 0.01

Table 2 indicates a substantial correlation between pre-test and post-test scores of maternal parenting, as well as a similar correlation in paternal parenting scores. The premise that "There will be a significant relationship between pre-test and post-test scores of mothers' and fathers' parenting styles and psychological well-being" is accepted.

TABLE – 3: Mean differences of perceived parenting style and psychological well-being among urban adolescents.

Variable	Group	N	Mean	SD	“t” value	sig
Psychological well-being	Experimental	50	-11.564	8.361	-7.247**	.000
	Control	50	-5.172	7.467		
parenting style	Experimental	50	-14.557	12.726	.872**	.000
	Group	50	-5.742	6.896		

Significant at 0.01

Table 3 indicates a significant mean difference in psychological well-being and life skills between the experimental and control groups, with results achieving significance at the 0.01 level. The hypothesis stating, "There will be a significant difference between the experimental and control groups in pre- and post-test scores on psychological well-being and life skills," is accepted.

9.0 Conclusion

The psychological well-being of adolescents is significantly linked to different parenting approaches. This indicates that parents significantly influence the psychological development of children. Therefore, parents should embrace parenting techniques that promote all facets of psychological well-being and seek assistance to amend those that hinder the psychological well-being of their adolescent children, ensuring the development of robust and healthy future individuals. Parenting encompasses the

facilitation and enhancement of a child's physical, emotional, social, and intellectual growth from infancy to adulthood.

This study aimed to illustrate how adolescent children with varying socio-demographic characteristics perceive parenting styles and their direct and indirect impacts on psychological well-being. The findings indicate a significant correlation between socio-demographic characteristics and perceived parenting styles, as well as certain facets of psychological well-being. The current study also determined that parenting significantly impacts the psychological well-being of adolescent children. Adolescents already confront a significant threat to their mental health, as the incidence of depression, suicide, homicide, and substance misuse is increasing. These imperceptible issues adversely affect adolescents' self-image, emotional well-being, and confidence in problem-solving, leading to school dropout, challenges in interpersonal relationships both within and outside the family, academic underachievement, diminished school performance, and inadequate social functioning.

10. 0 Implications of the Study

This study aimed to illustrate how adolescent children with varying socio-demographic characteristics perceive parenting styles and their direct and indirect impacts on psychological well-being. The findings indicate a significant correlation between socio-demographic characteristics and perceived parenting styles, as well as certain facets of psychological well-being. The current study revealed that parenting significantly impacts the psychological well-being of adolescent children. The study findings elucidated the various parenting styles and socio-demographic factors that influence the psychological well-being of urban adolescents. This study elucidates the parenting modes and socio-demographic factors that influence the psychological well-being of both boys and girls.

11.0 Limitation of the Study

A cross-sectional sample was employed to examine the correlations in this study. Future research should focus on investigating the correlation between parenting styles and the psychological well-being of adolescent children through a longitudinal study to enhance knowledge of the evolution of these interactions over time. The study data were confined to children aged 12 to 17 years and gathered from a limited sample within a specific geographical region, potentially impacting the generalizability of the findings to the broader adolescent population. The children were aware that they were being evaluated for different parenting styles and psychological well-being subscales, which may have influenced their behaviour to align with the researcher's expectations. The assessment employed was time-consuming, perhaps leading to participant tiredness and boredom.

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