



A Study on the role of Perceived Parenting Styles in shaping Adolescent's Resilience

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ABSTRACT

Adolescence is a time of major stress. How to differentiate between right and wrong, and which people to turn to for help are important questions they need answers to, from time-to-time. An ideal parent-child relationship is the one which not only can provide a reliable space for a child to return to, but also equip them to navigate through the life's challenges adaptively, in other words show resiliency. Resilience is defined as an effective way of dealing with stress and pressure.. The study aimed to investigate the role of perceived parenting styles in shaping adolescent resilience. A sample of 100 school students was administered on the Perceived Parenting Style scale (PPSS) and the Brief Resilience Scale (BRS). Major findings showed a significant positive correlation between perceived authoritative parenting and resilience. Adolescents who perceived their parents to be involved and supportive, while demanding a sense of social conformity performed higher in resiliency. On the other hand, perceived authoritarian and permissive parenting styles had no significant contribution in adolescent resilience. No gender differences were found in perceived parenting styles and resilience. Every individual perceives their life situations differently. Hence, parents need to align with the temperament of their child and accordingly create a balance between responsive care-giving and control-demandingness. Both boys and

girls when met with right guidance, encouragement, and opportunities to grow, demonstrate an equal potential for success, showing an equal resiliency.

Keywords: *Parenting Styles, Resilience, Adolescents*

INTRODUCTION

“We should not give up and allow the problems to defeat us. Man needs his difficulties because they are necessary to enjoy success.”

~ Dr. A.P.J. Abdul Kalam

Among the various phases humans go through across their lifespan, adolescence is the one not just most highlighted, but also most remembered. Adolescence is a critical transition between childhood and adulthood, characterized by significant physical, psychological, and social transitions. Adolescence shapes adulthood. It is no longer just a growing-up phase for a child, but a time when he begins to take his own walk to self-discovery, where an array of all kinds of life experiences await. A major part of this complex process is an increased sense of attaining freedom. At this time an individual identity begins to take its shape and social image matters the most.

Adolescent Stress and Adjustment

In India, stress levels have been steadily increasing among the youth. Nearly 40% of India's population is constituted of children below 16 years of age (Srinath et al., 2005). Studies indicate that adolescents are exposed to a wide range of stressors in their daily lives. The conflict between the traditional opinions of society about what adolescents should do and the new-age adolescents' aspirations for autonomy may hinder stress management efforts. Nearly 75% of mental disorders are estimated to occur for the first time before the age of 25 (McGorry et al., 2013). Also, adolescents perceive lower levels of life satisfaction and experience emotional distress more frequently and with greater intensity as compared to

younger children or older adults (Arnett, 2015). Numerous research studies indicate adolescence to be a developmental stage with high risks in terms of psychological and adjustment problems.

Parikh et al. (2019) while studying adolescent mental health problems found social environments they were closely associated to, like home, school, peers, & neighbourhood were major sources of stress. Other stressors reported were academic pressure, problems in romantic relationships, parental & peer influences, and violence. Females experienced greater stress due to normative gender roles.

Patalay and Fitzsimons (2018) studied development in mental ill-health and well-being from ages 11 to 14 and found that girls experienced lower well-being and greater symptoms of mental illness at age 14. Results on gender differences highlighted the childhood risks, socio-economic status and family income to have greater association with mental health development in females at this age, whereas peer relationships and bullying were equally relevant for mental health development in both males and females.

Perceived Parenting Styles

A parenting style can be defined as an emotional climate created by parents in which they raise their children (Darling & Steinberg, 1993). A child's perception of parenting styles is an important factor in studying their psychological development, irrespective of their parents' own perception of their parenting (Paulson, 1994). The nature of the bond a child feels with their primary caregiver is considered to be a foundation upon which his life experiences develop. A child lacking this trusting bond often remains in a fear of the undiscovered world and manages his life experiences on his own. Adolescence, a critical developmental period, demands parents and youth to renegotiate their relationships from time-to-time.

Study by Gimenez- Serrano et al. (2021) studied parenting styles with personal and social adjustment in adolescents found authoritative parenting promoting higher overall social adjustment across all ages. Permissive parenting was associated higher emotional self-concept, lower hostility, and nervousness than authoritative families, thus raising a question on whether authoritarian parenting practises in any way positively add to an adolescent's personal and social adjustment.

Morris et al. (2021) in their review on the parent-child relationship dynamics stated about how a strong influence of family and parent-child relationships played a particularly important role in adolescents' adjustment during the COVID-19 pandemic.

A study by Lal and Varma (2017) on perceived parental pressure in relation to personality and self-esteem revealed parental pressure to be of more harm to adolescents' self-esteem and their self-image, than the intended good. On the other hand adolescents having low perceived parental pressure defined their relationship with parents as positive and supportive, also scoring high on self-esteem.

Zahedani et al. (2016) in their correlation study on 310 students found that children who had a strong and loving bond with their parents showed better academic performance and greater motivation towards their career goals. The study suggested that by fostering children in an environment filled with love, understanding, and trust, parents play a crucial part in identifying their child's potential and guiding him across the roles and responsibilities of the professional world.

Resiliency

In our day-to-day lives, some of us are seen to emerge as more 'heroic' through challenges than others going through similar situations. Dr. Norman Garmezy (1991), one of the pioneer researchers in resilience, defines resilience as *“designed to reflect the capacity for recovery and maintained adaptive behaviour that may follow initial retreat or incapacity*

upon initiating a stressful event.” Whether it is academics, building a career, profession, or relationships, resiliency is pivotal to harnessing a stable and successful life. Resiliency is more of a skill that is naturally present in all of us and develops through conscious practice and unpleasant experiences (Yeager & Dweck, 2012; Kim-Cohen & Turkewitz, 2012).

Risk-taking behaviours & Role of community

A resilient community builds resilient individuals. Community plays an important role in fostering and maintaining resilience. Learning is always better with a group. It promotes a sense of social support — among the social groups, among associates, or community people.

Sharma and Kaur (2020) while studying adolescent health risk-taking/protective behaviour in relation to resilience found resilience may be considered as an important protective factor in risk-taking behaviour among adolescents. Risk of suicide ideation, smoking, alcohol, drugs and sexual intercourse was associated with low levels of resilience.

Murphey et al. (2013) based on their research on positive mental health suggested that resilient adolescents may be in a better position to avoid risky behaviours, than others. Adolescents who participated in resilience-building programs (particularly with their parents), reported to have decreased problems with anger and aggression, levels of perceived stress, peer pressure, and alcohol and drug use, as compared to adolescents who did not participate in such programs.

Purpose

The purpose is to study the role of perceived parenting styles in shaping adolescent resilience.

Hypotheses

- a) There is a significant relationship between parenting styles and resilience among adolescent students.

- b) There is a significant difference between the male and female adolescents with regard to parenting styles and resilience.

METHODOLOGY

Sample

For the present study a sample of 100 students (50 males, 50 females) was randomly selected from 9th and 10th standard of a private school located in Chandigarh.

Measures

Perceived Parenting Style Scale, by Manikandan and Divya (2013) : scale consists of 30 items measuring adolescents perception about their parents' attitudes based on three types of styles: authoritative, authoritarian, and permissive (each carrying 10 items). Participants rate themselves on a five-point Likert scale - Strongly Agree = 5, Agree = 4, Neutral = 3, Disagree = 2 and Strongly Disagree = 1. Highest score indicates how one perceives their parenting. The Cronbach's Alpha coefficient for the three dimensions is: Authoritative Parenting: 0.79, Authoritarian Parenting: 0.81 and Permissive Parenting: 0.86 (Manikandan and Divya, 2013).

The Brief Resilience Scale, by Smith et al. (2008) : The Brief Resilience Scale is a 6-item scale assessing one's perceived ability to recover from stressful situations. It uses a five-point Likert response scale: 1 (strongly disagree), 2 (disagree), 3 (neutral), 4 (agree), and 5 (strongly agree). An average score on all 6 items shows level of resilience in three categories: low resilience (1.00-2.99); normal resilience (3.00-4.30); and high resilience (4.31-5.00). The scale has a Cronbach's alpha coefficient ranging from 0.80 to 0.91 over four population samples (Smith et al., 2008).

Procedure

The data for the study was collected through Google forms. An online-version of the measures was prepared, along with eligibility criteria and consent for participation, and then circulated among the 9th and 10th graders of a Private school in Chandigarh. The participants were thanked for their responses. Responses were collected on an excel sheet, scored as per the manual and analysed.

RESULTS

Table 1: *Descriptive statistics (N = 100)*

	Gender	N	Mean	Standard Deviation
Authoritative Parenting Style	Female	50	32.05	7.69
	Male	50	29.52	6.39
Authoritarian Parenting Style	Female	50	30.38	7.46
	Male	50	27.60	6.67
Permissive Parenting Style	Female	50	27.80	7.47
	Male	50	26.40	7.58
Resilience	Female	50	3.06	0.48
	Male	50	3.10	0.39

Table 2: *Correlation between parenting styles and resilience*

	Authoritative Parenting	Authoritarian Parenting	Permissive Parenting	Resilience
Authoritative Parenting	---			
Authoritarian Parenting	0.353***	---		
Permissive Parenting	0.169	0.606***	---	
Resilience	0.309**	-0.056	-0.185	---

Note: * $p < .05$, ** $p < .01$, *** $p < .001$

Table 3: *Showing t-test for parenting styles & resilience across gender*

	t-value	df	p-value
Authoritative Style	1.603	78.0	0.113
Authoritarian Style	1.749	78.0	0.084
Permissive Style	0.830	78.0	0.409
Resilience	-0.396	78.0	0.693

DISCUSSION OF RESULTS

The proposed study was carried out to assess the role of perceived parenting styles in shaping adolescent resilience, and assess if there exist gender differences. Data analysis was

carried out for Resilience and the three dimensions of Parenting Style: authoritarian, authoritative & permissive. Table 1 shows the means and standard deviation for parenting styles and resilience for the sample.

Table 2 shows the correlation matrix between respective variables for the current sample. We found a significant positive correlation between resilience and authoritative parenting ($r = 0.309$, $p < .01$). This means that parental strictness balanced with warmth and responsiveness inculcates a higher resiliency within their adolescent children. The adolescent trusts that he always has a reliable support system so he feels motivated to overcome his challenges confidently, thus having a positive outlook about his future. Singh & Devi (2021); Cheong et al. (2023); Olivia & Parra (2017); Wang & Sheikh-Khalil (2014) also had similar results showing authoritative parenting as a positive predictor of adolescent resilience. A negative, but insignificant value was found between resilience and authoritarian parenting; and between resilience and permissive parenting. Hence, we can say that imposing behavioural discipline with unconditional obedience does not essentially contribute to resilience. The same can be concluded for a parenting environment that does not impose behavioural constraints or provide constructive criticism to their adolescents.

Additionally, the table also showed a significant positive correlation among dimensions of parenting styles, i.e., between authoritarian parenting and authoritative parenting ($r = 0.353$, $p < 0.001$), & authoritarian and permissive parenting ($r = 0.606$, $p < 0.001$). These results are shared with Ali et al. (2024). **Table 2** shows a significant relationship between resilience and the authoritative dimension of parenting styles. Thus, Hypothesis 1 is partially accepted in this study.

Table 3 provides t-test to explore the gender differences in resilience and the three dimensions of parenting style. The p-value for the obtained t-value was found to be higher than 0.05 in all the variables, which indicates that values are not significant. This suggests

that in our study sample, male and female adolescents perceive no difference in their parenting styles (Ali et al., 2024; Brown, 1997). Likewise for resilience, no significant difference based on gender was found, ie, both genders perform equal in resilience. The results are consistent with studies of Shaikh & Petare (2021); Katyal (2014); Iglesias & Sellars (2008); and Boardman et al (2008) who also concluded that resilience did not differ with gender. Table 3 shows no significant gender differences in parenting styles and resiliency. Thus, Hypothesis 2 is rejected in this study.

CONCLUSION

Resilience is an ability that is universal. Although it is inherent in every individual, the contribution of environment in fostering our innate abilities cannot be ignored. The present investigation aimed to study the role of parenting styles in shaping adolescent resilience, and assess the gender differences among the randomly selected sample of 100 school students. Research findings showed a significant correlation between authoritative parenting and adolescent resilience.

How adolescents view the world is very different from how parents view it. At this phase of development where numerous questions lie unanswered, receiving a caregiver's involvement and support makes them feel safe and understood. However, just unconditional love is not enough to prepare them for the harsh realities of the outside world. An adolescent needs necessary guidance as much as he needs warmth and care. He needs to learn how to judge his own actions, make decisions, and manage his own life independently. Corrective punishment and discipline forms another pillar in healthy parenting, however parental attitude in either of the extremes, does not significantly contribute to it. It is all about finding the right balance and realising the situational needs of their adolescent children.

The study adds to the evidence on why an authoritative approach to parenting is ideal and should be encouraged. No matter whether a child is male or female, an effective

parenting can ensure a resilient and progressive youth, which is more aware, competent, and uplifting not just in their personal lives, but for the society as a whole.

Research gaps & suggestions for further research

The study was limited to adolescent students who were brought up by their parent/parents, ie, immediate family. Existing knowledge can be expanded further by studying the effects of demographic variables such as economic status, ethnicity, or level of education on perceived parenting and adolescent development. A detailed study can be carried out on interaction of these variables in relation to achievements in academics or co-curricular areas, sports for example. Future research may incorporate qualitative analysis of the sample to gain a deeper understanding on various factors revolving around the variables.

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