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Perceived Parenting Styles and Adolescent Anxiety: A Correlation Study

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Abstract

Adolescence is a crucial stage marked by significant physical, cognitive, and emotional changes, often accompanied by increased vulnerability to mental health issues such as anxiety. The family environment, particularly the perceived parenting style, plays a key role in shaping adolescents' emotional well-being. Perceived parenting style, as defined by Baumrind (1966), includes parental warmth, control, and autonomy granting, and is typically classified into authoritative, authoritarian, permissive, and neglectful styles. While the impact of perceived parenting style on adolescent mental health has been extensively studied, there is still a need for further exploration, especially regarding adolescents' private perceptions of their parents' parenting practices and its relation to anxiety. This study aims to address this gap by investigating the correlation between perceived parenting style and adolescent anxiety. Understanding how adolescents perceive their parents' behavior and its influence on their anxiety can provide valuable insights for developing targeted interventions to support adolescent mental health.

Keywords: Parenting Styles, Parent Adult-Child relationship, Parenting styles affecting Adolescents Anxiety

Introduction

By probing the relationship between perceived parenting style and adolescent anxiety, this study seeks to contribute to the being literature on perceived parenting and adolescent internal health, furnishing precious perceptivity for clinicians, preceptors, and parents likewise. Understanding the part of perceived parenting style in adolescent anxiety can inform the development of preventative interventions and perceived parenting education programs aimed at fostering positive parent- child connections and promoting adolescent well- being.

This study investigates the relationship between perceived parenting style and adolescent anxiety situations. The perceived parenting styles examined include authoritative, authoritarian, permissive, and neglectful perceived parenting. The sample comprised (95 samples) adolescents progressed between (16-30) times. Data were collected using standardized measures for assessing perceived parenting style and adolescent anxiety.

Results indicated a significant correlation between perceived parenting style and adolescent anxiety situations. Specifically, adolescents who perceived their parents as authoritative displayed lower situations of anxiety compared to those who perceived authoritarian, permissive, or neglectful perceived parenting styles. also, authoritarian perceived parenting was associated with advanced situations of adolescent anxiety. still, there was no significant difference in anxiety situations between adolescents perceiving permissive or neglectful perceived parenting styles.

These findings punctuate the significance of perceived parenting style in shaping adolescent internal health issues, particularly regarding anxiety. The counteraccusations of these results for clinical interventions and perceived parenting education programs are bandied, emphasizing the significance of fostering authoritative perceived parenting practices to promote adolescent well- being and reduce anxiety. farther exploration exploring fresh factors impacting the parent-adolescent relationship and its impact on anxiety is recommended.

Many parents nowadays bemoan their children's personalities and movements without realizing that their own parenting style is primarily to blame for the unwelcome behavior. Contrary to popular assumption, personality is shaped by parents' parenting style; genes have no bearing on gestation. The intricate task of perceived parenting involves a variety of distinct behaviors that interact with one another to affect a child's geste. While many apparent parenting behaviors, such as slapping or reading aloud to children, may have an impact on their development, it may be erroneous to consider any particular gesture as insulation. According to Baumrind's (1967) theory of social development and perceived parenting styles, there are four distinct types of viewed parenting: authoritative, authoritarian, permissive, and neglectful

Perceived parenting is a method of reflecting the relationships between parents and children. It is a complex effort that involves many precise stations and gestures. Every action that a parent takes has an effect on the child's personality. Two characteristics that are related to parental responsiveness and demandingness can be used to describe perceived parenting. 1 (Fletcher, etal., 2008).

The degree to which parents establish rules for their kids and the basis for their discipline is known as parental demandingness. The unique emotional aspect of parenting is responding as a parent. The level of parental support and attention to their children's needs is a direct reflection of responsiveness. Children's secure attachment has been associated with both demanding and responsive parenting (Karavasilis, Doyle & Markiewicz, 2003). Baumrind (1967) connected three styles—permissive, authoritarian, and authoritative—keeping these demands and generalities in mind. There are two main confines bolstering parental behavior (Maccoby & Martin, 1983) are

Parental responsiveness and Parental demandingness.

1. Parental Responsiveness

According to Baumrind (1971), "the extent to which parents deliberately foster individuality, tone-regulation and tone-assertion by being attuned, supportive and tolerant to children's special conditions and demands" is known as parental responsiveness. This term is also used to describe parental warmth, supportiveness, or acceptance. Put differently, responsiveness refers to how much or how little parents match and react to the circumstances of their children!

2. Parental Demandingness/ Control

The phrase "the claims parents make on children to come intertwined to the family as whole, by their maturity demands, supervision, corrective sweats and amenability to defy the child who disobeys" (Baumrind,) describes parental demandingness, also known as behavioral control. A quadrant of parenting styles—indulgent, authoritarian, authoritative, and uninvolved—is created when parents are graded according to how demanding and responsive they are (Maccoby & Martin, 1983). Each of these parenting philosophies has its own inherent patterns of beliefs, behaviors, and practices, as well as a unique ratio of being demanding and responsive (Baumrind, 1971).

Parental behaviors characterizing the four parenting styles are described in Table:

	High Control	Low Control
High Responsiveness	Authoritative	Permissive
Low Responsiveness	Authoritarian	Negligent

Parenting style has impact on how children develop into adults, and there are certain important implications for their future success Here are the four main parenting styles:

Authoritarian Parenting

Parenting in an authoritarian manner is strict and uncaring. They interact with the kids in a limited way and assume that they would comply with adult demands without question. Discipline is typically applied when similar demands are not met. It is typified by strict observance of the rules, which is a controlling approach that has considerable influence over the kids. The reasoning behind these rules is never explained by authoritarian parents. But if pushed to clarify, the parent can just say, "Because I said so." These parents don't listen to their kids, while having great expectations. It is common for children of authoritarian parents to become authoritarian adults in both their interpersonal relationships and as parents. Parental authoritarian techniques of socialization, such as demands, physical force, affection pullout, and clothing, limit their children's ability to express themselves and become independent (Zupancic et al., 2004). Obedience is required, and parents that are authoritarian tend to set strict rules and regulations (Berg, 2011).

Neglectful Parenting

A detached parenting approach is typified by a lot of expectations, poor response times, and minimal communication. Even if these parents meet the child's initial needs, they tend to be emotionally distant from their offspring. In severe situations, these parents could really disregard or reject their kids' needs. Then, parents just don't participate in the crucial aspect of parenting. They don't spend much time with their kids and are content to let the video games and television take care of the housework. Because their parents have set many rules and enforced them sparingly, children of negligent parents often struggle to follow them. Neglectful parents might cause their children to struggle with gestures and tone control, which can impair their ability to communicate.

Permissive Parenting

Parents who are permissive, sometimes referred to as indulgent parents, have a lot of expectations for their kids. Their kind parents, who provide a lot of warmth and commerce, are what define them. These parents rarely discipline their kids because they don't think they'll grow up to be very mature or have good manners. Although there is little tone-control, a lot of boundaries, and a sense of annuity, this parenting style typically results in advanced situations on creativity in children. They place a great value on children's independence and don't intervene to stop them from acting unless there is a risk of harm (Rossman & Rea, 2005).

A very tolerant attitude to socialization is demonstrated by permissive parents through their responsive and non-demanding parenting style. While being loving and welcoming, these parents also refrain from placing restrictions or expectations on their child's behavior (Zupancic et al., 2004). They have few or no opportunities for their kids, usually see them as musketeers, and set numerous boundaries for them (Berg, 2011). Permissive parents "are more responsive than they are demanding," claims Baumrind (1967). They avoid conflict, are non-traditional and tolerant, lack adult gestures, and permit significant tone modulation.

Authoritative Parenting

The ideal form of parenting is authoritative parenting, which combines attentiveness and demands. While they are warm, accepting of the children's perspective, and encouraging of their involvement in decision-making, they also make reasonable demands, set boundaries, and challenge the compliance of the kids. They also regularly ask their kids for their input when making decisions about the family (Berg, 2011; Weiss & Schwarz, 1996; Zupancic, Podlesek, & Kavcic, 2004). In addition to being really probative, this kind of parent watches over and corrects their kids equitably (Baumrind, 1971). While fostering independence in their kids, authoritative parents often provide guidelines and limitations. The use of discipline is probative rather than punishing.

Methodology

The Perceived Parenting Style Scale developed by Divya and Manikandan (2013) measure the perception of the children about their parent's behavior. It measures perceived parenting style of the subject with regard to three dimensions such as authoritarian, authoritative and permissive. It consists of 30 items in which responses were elicited in a five-point Likert scale.

Brief Explanation of different perceived parenting style

Perceived parenting style is how adolescents perceive their parent's parenting styles which are based on three types of parenting styles such as authoritative, authoritarian and permissive.

Authoritative Style: Includes open communication between parent and child, providing clear guidelines, encouragement, and expectation upon the adolescents, providing lots of nurturing and love, spending time together, and providing right direction, encouraging in taking decisions.

Authoritarian Style: Includes high standards, discipline, comparison between friends, criticizing while doing things, and providing punishment when rules are not obeyed, little comfort and affection, restriction, not providing solution to problems. **Permissive Style:** Few limits imposed, little or no expectation for their children, view children as friends, spend less time with children, no rule or guideline for children, inconsistent and undemanding, allow the child to regulate his or her own activities.

Result

The focus of this analysis is to derive the correlation between the parenting style and adolescent anxiety. The correlation analysis proved that the parental style does affect the anxiety among the adolescents. The analysis suggested that the parents that have a good relation with their children (good communication, understanding them, and supporting them through thick and thin) those children have shown lower anxiety level. On the other hand, the parents that have a bad relationship with their children

Discussion

The goal of this dissertation was to investigate how deeply does the parenting styles effect on the anxiety of an adolescent using the reliable techniques Perceived Parenting Styles Scale (PPSS). This study examined how the parents act/ behave in the relationship with their child by the survey that was filled out by the adolescents themselves, by out how their parents acted in certain situations which quantified how deeply the parenting style effects the adolescent. The main goal was to understand how these family dynamics specially with regards to communication, understanding, and support affect the anxiety among the adolescents.

There are four different parenting philosophies that have been recognized: permissive, authoritarian, authoritative, and neglectful. Every one of these techniques represents distinct parenting styles, methods of discipline, and degrees of demand and response. Let us examine each of these approaches to see how differently they affect teenage anxiety:

1. **Authoritative Parenting:** This approach to parenting shines as a model of kind support and well-balanced direction. Warm, understanding, and responsiveness are qualities that authoritative parents foster in their home, along with realistic expectations and limits. Their strategy involves carefully attending to their children's needs and emotions while establishing clear guidelines. Research continuously emphasizes how authoritative parenting can prevent teenage anxiety. Together with their support of independence and self-expression, these parents' stable attachment style gives their teenagers the resilience and coping skills they need to face life's obstacles head-on.
2. **Authoritarian Parenting:** Authoritarian parenting, on the other hand, is characterized by a stricter and more controlling approach. These parents place a high value on conformity and obedience, and they frequently use harsh guidelines and harsh punishment to keep things in order. Although it may impart some discipline, authoritarian parenting often creates a climate that is cold and uncaring. Studies highlight a concerning correlation between authoritarian parenting and elevated anxiety levels in teenagers. This type of strict parenting may plant seeds of anxiety and uncertainty, making it more difficult for teenagers to take charge of their lives and deal with stress.
3. **Permissive Parenting:** Children raised in a permissive environment, which is defined by indulgence and tolerance, have a great deal of freedom but lack the necessary structure and direction. These parents usually put their kids' pleasure and freedom ahead of setting limits and instituting rules. Permissive parenting, even though it may appear to be caring, may unintentionally exacerbate teenage anxiety. Teenagers may feel lost and unprepared to face life's uncertainties if there are unclear expectations and boundaries. Teenagers may find it difficult to build the resilience and self-control required to deal with anxiety-inducing circumstances without the support of authoritative counsel.
4. **Neglectful Parenting:** Neglectful parenting is at the extreme end of the spectrum and is marked by emotional disengagement and separation. These parents rarely respond to their kids' demands

and frequently completely disregard their parental responsibilities. Neglectful parenting has a significant and upsetting impact on teenage anxiety. Feelings of worthlessness and desertion can be cultivated by growing up in an unsupportive and invalidating environment, which increases susceptibility to anxiety disorders.

Having delineated these parenting styles, it becomes evident that their influence on adolescent anxiety stems from a myriad of intertwined factors:

Attachment and Emotional Security: The foundation of emotional resilience is the quality of the relationship between a parent and their kid. A stable attachment link is cultivated by authoritative parenting, giving teenagers a sense of security and trust that reduces anxiety. On the other hand, insecure attachment patterns might result from authoritarian, indulgent, or negligent parenting, which can make teenagers feel emotionally lost and anxious.

Modeling and Social Learning: Parents are influential role models who use observation and imitation to mold their children's attitudes and actions. While permissive, authoritarian, or negligent parents may unintentionally encourage maladaptive reactions to stress, authoritative parents serve as role models for adaptive coping mechanisms. Teenagers reared in dictatorial, lax, or uncaring environments may therefore develop coping strategies that increase anxiety instead of reducing it.

Parental Support and Validation: The level of validation and support from parents has a significant impact on how well teenagers are able to handle anxiety-inducing circumstances. Children who grow up with authoritative parents have higher self-esteem and confidence since they are raised in a loving and supportive setting. On the other hand, parents who are dictatorial, indulgent, or negligent may minimize their kids' worries or not offer enough support, which makes them feel more insecure and anxious.

Control and Autonomy Granting: Fostering adolescents' resilience and sense of self-efficacy requires parents to strike a careful balance between giving them agency and exercising control. By fostering independence and offering structure, authoritative parents provide their kids the skills they need to properly control their anxiety. Conversely, permissive parents may disregard the need for structure, authoritarian parents may suppress autonomy, and negligent parents may provide neither support nor advice, leaving teenagers ill-prepared to handle anxiety-inducing circumstances.

In conclusion, the data clearly confirms that parental practices have a significant influence on teenage anxiety. Although authoritative parenting is often associated with resilience and overall well-being, teenagers' mental health is seriously jeopardized by authoritarian, permissive, and negligent parenting approaches. Parents, educators, and mental health professionals can work to create environments that foster emotional resilience and give adolescents the tools they need to face anxiety head-on by understanding the complex relationship between parenting behaviors and adolescent anxiety. A better, anxiety-resilient future and the molding of teenagers' emotional landscapes may be greatly aided by parents providing warmth, empathy, and responsive direction.

Conclusion

In summary, the overwhelming body of research backs up the claim that parental practices have a big influence on teenage anxiety. After a thorough analysis of the many parenting philosophies—authoritative, authoritarian, permissive, and neglectful—it is evident that each one has a unique impact on the vulnerability of teenagers to anxiety disorders. The intricate link between adolescent growth, emotional dynamics, and parental actions is highlighted by their subtle interaction. Upon contemplation of the complex network of variables leading to teenage anxiety, it is apparent that parental approaches play a pivotal role in moulding the emotional terrain of teenagers. Authoritative parenting's warmth, support, and responsiveness create an atmosphere that encourages emotional resilience in teenagers and protects them from the barrage of stresses that might cause anxiety. On the other hand, insecure parenting can be exacerbated by the inflexible control of authoritarian parenting, the carefree attitude of permissive parenting, and the emotional distance of negligent parenting. When we look more closely at the mechanisms that underlie this link, we find that autonomy grant, parental support, social learning processes, and attachment dynamics all play crucial roles. While insecure attachment patterns brought on by alternative parenting philosophies may intensify emotions of worry and distress, secure attachment relationships, which are nurtured by authoritative parenting, provide the groundwork for emotional security and resilience. Teenagers may face anxiety head-on if they are given the means to do so by modelling effective coping mechanisms, offering support and validation, and striking a balance between control and autonomy. As I consider the ramifications of these findings, it is evident that encouraging good parenting styles is critical to advancing the mental health and general well-being of adolescents. Parents may equip their children to face life's obstacles with grace and resilience by creating surroundings that are marked by love, understanding, and responsive direction. Teachers, legislators, and mental health specialists also need to work together to provide information, tools, and support networks to help parents better support their teenage children's development of emotional resilience. Essentially, the realization that parental practices have a significant influence on teenage anxiety highlights the necessity of taking coordinated action. We can prepare the way for a generation of teenagers who can face anxiety with bravery, resiliency, and optimism by creating environments that place a high value on emotional well-being. We have the ability to influence future generations to be more resilient to anxiety as parents, educators, and advocates.

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