

---

## Relationship of Parenting Styles and Mental Health of the Adolescents in

### Naga Society

**\*Khriephretuonuo Pienyu**

Counsellor, St. Joseph University, Nagaland

**Sopfunuo Licey Vizo**

Assistant Professor, Department of Psychology, Don Bosco College, Kohima Nagaland

**ABSTRACT:** Many parents anticipate positive mental health for their children but sadly don't adopt any favorable child-rearing practices which are the key to yield optimum mental health. The ignorance of this factor is what pushing the adolescents into anxiety, depression, aggression, and low self-esteem. Further, studies relevant to the present topic were not found carrying out in the current society. In view of this, the study was undertaken to determine the relationship between parenting styles and mental health of adolescents in Naga Society. Using stratified random sampling a total numbers of 350 adolescent's age between 14 to 19 years was selected for the studies. The study was carried out using Correlational research design. Measuring instruments that were used in this study along with a demographic questionnaire were General Health Questionnaire (GHQ-28) and Parenting Style Questionnaire (PAQ) with the dimensions of Authoritarian, Authoritative and Permissive. Results indicated that there was a positive relationship between parenting styles and mental health of adolescents. The authoritative

---

parenting style was found to be the best parenting style as perceived by adolescents in Naga society. The investigation can be valuable for parents, teachers, mental health professionals etc. as intercessions which can be outlined in helping the adolescents for developing good well-being. As adolescence is period where significant changes take place and considerate attention is required for proper all round development. Considering the study, future researchers can look into the matters of parenting styles and dig deeper in understanding how different parenting styles do influences the mental health of the adolescents in the Naga Society.

*Key words:* Parenting Styles, Mental Health, Adolescents, Naga Society

## INTRODUCTION

The term *parenting style* relates to the behaviors used by parents to socialize and control the actions of the children (Baumrind 1971). The prior concern here is that parenting practices has unintentionally impacted the mental health of the developing children's which has now become a global concern but with no proper and in-depth study on the subject this growing issue could not be tackle. So, to address this gap in the literature and bring more insight to the people, the present study examined the association of parenting styles and mental health of adolescent's in Naga society.

The study followed Correlational research design to achieve more insight into the relationship of the parenting styles and mental health of adolescent's in the Naga society.

Objectives of the study-

- 1) To find the association between parenting styles and mental health of the adolescents.
- 2) To determine the relationship between the domains of parenting and mental health of the adolescents.
- 3) To examine the differences between male and female mental health.

## Theoretical Framework

### Parenting styles

Parents are the major influence on a child's life. They not only bring up the child physically but their styles of fostering contribute to the development of the child's psyche of particular interest is the influence of parenting styles on children's academic achievement and various psychosocial aspects of development.

Baumrind (1996) has categorized parenting styles as:

**Authoritarian parenting style:** In this parenting style, parents set rigid guidelines and expect their kids to follow them. They use physical and severe punishment as a form of child discipline because they exert having power, authority, and control over their children's lives.

**Authoritative parenting style:** On contrary, the authoritative parenting style is more reasonable. This type is characterized by the attitude of parents who are disciplined and responsive to the needs and desires of children. As stated by Brenner and Fox (1999) that the authoritative type is characterized by responsive parents and still wants discipline in children naturally.

---

**Perceived Parenting styles:** Unlike the other two, this parenting style is more lenient. Here, the child has freedom as much as possible and encouragement to obey externally defined principles is not required. The child impulses, desires, and actions are accepted in a non-punitive, acceptant and affirmative manner. These parent attempts to use reason and control, but not overt power to attain their ends (p. 889).

### **Mental Health**

Mental health depicts the level of cognitive and emotional welfare as well as the absence of mental disorders (Nesse, 2015). And globally an estimation of 20% of adolescents in a year experiences a mental health problem (W.H.O, 2003). Where children and adolescents with depression are at greater risk of suicide and are more likely to suffer from depression in early adulthood. One in four young adults may likely suffer a depressive episode between the ages of 18 and 25 (AHRQ, 2009). One in five adolescents experience consequential symptoms of emotional distress and mostly one in ten are emotionally impaired. In addition about half of lifetime diagnosable mental disorders set about before age 14, and this number grow to three fourths by age 24 (Knopf,D.,et al.2008).

### **REVIEW OF LITERATURE**

Developmentally, adolescence is a period where an individual experiences a transitional in physical, cognitive, psychological and social characteristics. It is often a perplexing period for adolescents and their care taker who seek to supports for their healthy development and learning.

Adolescent stage can be overwhelming and stressful experience for young adolescents as it was a transition from dependent to independent relationships with parents. Many a time parents often deal with the young adolescent as if they expect them to become a mature being within the next minutes. But the transition from childhood to adulthood is a long journey with many ups and down. Parents are seen responding to adolescent mental health in three different styles, two of them being unhealthy and one healthy. The permissive and authoritarian parenting styles are unhealthy, while the authoritative parenting style is a well balanced response to adolescent mental health. Thus, the style of parenting can play a vital role in helping the adolescents to face this considerable challenge (Mckinney & Renk 2008).

### **Influence of parenting on Adolescents**

Researcher has indicated that mental health and parenting styles are interconnected in many ways. This can be understood from the prospective cohort study carry out among adolescents with conduct disorders. Where they found a strong association between conduct disorders in adolescents and coercive parenting styles towards their children in their adulthood (Byford., et al 2014). Seemingly, Sanjeevan and Zoysa (2018) study indicated that certain parenting styles had a significant influence on adolescent depression, anxiety and stress. An authoritative parenting style was identified as the optimum parenting style while neglectful parenting style as the least favourable parenting style. In addition, authoritative parenting style has negative effect on aggression and positive effects on self esteem. According to study done by

Brand.S, Hatzinger.M, et al. (2009) shows that poor parenting styles have a major influence on adolescence resulted to reduced sleep, negative mood, anxiety and depression among adolescence. Subsequently, Laboviti (2015) findings indicated that the teenagers who conceived parenting style as authoritative had higher points in self-efficiency and lesser in depression. Similarly, Gupta.M, & Dimple Mechtani (2015) and Hirata and Kamakura (2017), studies found that an authoritative parenting style produced positive developmental outcomes. Further, Roche K.M (2007) finding showed that nurturing and involved parenting during adolescence seems to protect adolescents from the negative consequences which they may likely face in the coming days.

The findings of Susheela & Shamli (2018) indicated a positive correlation between Authoritarian parenting styles and depression in adolescents. Similarly, Dwairy (2004) also found a positive correlation between authoritarian parenting style and mental health of adolescents. Permissive parenting style resulted in negative mental health outcomes like anxiety, phobia, depression and negative attitudes. Further, the study has also shown that authoritarian parenting is not related with negative outcomes for the young people.

### *Conclusion*

Thus from the previous findings it can inferred that parenting styles has a direct impact on the development of adolescence in a family, especially their mental development. Majority of the studies have found authoritative parenting style to produce better mental health outcomes

than that of authoritarian parenting. Therefore, it can be concluded that parents should be more actively involved in adolescence lives for development of better mental health outcomes. In aligning to the previous studies, the present study will examine the relationship of parenting style and mental health adolescence.

## RESEARCH METHODOLOGY

### Population and Sample

This study focused on adolescents, selected randomly from different schools and colleges both from private and government institution. The total number of the participants is 350 which 175 male and 175 female. The sample is base on stratified random sampling method.

### Statistical tools

The Descriptive statistics was used to analyze the mean, standard deviation and normal distribution of the data. Since the data was not normally distributed therefore non-parametric test of correlation coefficient was used to test the association of the dimension of parenting styles and adolescent's mental health. Mann Whitney-U test was used for determining the difference between male and female mental health.

### Parental Authority Questionnaire:

The PAQ was designed by Buri based on the Baumrind's research on the parenting style in the year 1991. It is 30-item questionnaire and contains 10 items each on permissive, authoritative and authoritarian parenting style. The maximum score for each parenting topology

is 50 whereas minimum score is 10. The higher score of a particular type of parenting typology indicates the parenting style of the parent of that child.

### General Health Questionnaire-28 (GHQ-28):

GHQ-28 is a popular one which consists of 28-items Goldberg (1978), specially designed to detect a wide range of psychiatric symptoms. This is a self-administrative questionnaire and the capacity to detect minor, non-psychotic psychiatric disorders in general practice. The questionnaire has four subscales comprising of Somatic Symptoms, Anxiety and Insomnia, Social Dysfunction and Severe Depression. Under each subscale there are seven questions.

### Aim of the tool

The chief aim of Parental Authority Questionnaire was to measure the three dimensions of parenting style, and can be apply to both the mother and father of the respondent's. On the other hand, General Health Questionnaire main purpose was to detect the stability of the respondent's mental health.

### RESULT

Table 1

#### *Relationship between Parenting Styles and Adolescent's Mental Health*

N = 300

Variables	Mean	SD	rho Value	p value
-----------	------	----	-----------	---------



Parenting Styles	101.62	13.847	.056	.333
Mental Health	10.02	5.162		

*Note.* *SD* = Standard Deviation; *rho* = Spearman Rho correlation coefficient; *p* = Significance

Table 1 shows the correlation between parenting style and mental health ( $\rho = .056$ ;  $p = .333$ ) indicating negligible relationship. Thus, no significant association was found between the parenting style and adolescent's mental health. In aligning with the present study, the findings of Rezvan and Lancy (2017) indicated that parenting style did not have any significant influence on mental health of adolescents.

*Table 2*

*Relationship between the Dimension of Parenting Styles and Mental Health*

N = 300

Parenting Style Dimension	Mean	<i>SD</i>	<i>rho</i> Value
Authoritarian	32.82	6.389	.142*
Authoritative	37.68	6.143	-.071

---

Permissive	31.12	5.946	.101
------------	-------	-------	------

---

*Note.* *SD* = Standard Deviation; *rho* = Spearman Rho correlation coefficient

Data presented in table 2 reveals that there is a weak positive correlation between authoritarian parenting style and mental health. But a significant relationship was found between the authoritarian a dimension of the parenting styles and the adolescent's mental health. Joshi, Sharma & Mehra (2009) study also reported that authoritarian parenting style has significant positive correlation with adolescent's depression.

However, a negligible negative and positive relationship was reported on the dimensions of authoritative and permissive with adolescent's mental health. In a study conducted by Jamir and Borooh (2019) on perceived parental style and psychological well-being among 200 Ao Naga adolescents reported that authoritarian parenting style and perceived authoritative parenting style decreases the psychological well-being of the adolescents.

Table 3

*Difference between Mental Health of Male and Female*

N = 300

	Gender	<i>N</i>	%	Mean	<i>SD</i>	<i>z</i> Value	<i>p</i> Value
Mental Health	Male	148	49.3	10.55	4.751	-1.852	.064
	Female	152	50.6	9.50	5.498		

*Note.* *f* = Frequency; % = Percentage; *SD* = Standard Deviation; *p* = Significance

Table 3: As shown in the table above the significant value of both the mental health and parenting style scale is at .064 and .541, which indicated that there is no significant difference between male and female regarding to mental health. Aligning to the finding, a study conducted by Damodaran and Varghese (2016) found that male and female youth of Kerala do not differ in terms of their mental health.

#### *Major Findings*

- The findings of current study indicated that there is no relationship between parenting styles and mental health.
- Statistical significant relationship was found between authoritarian parenting style and adolescent's mental health.
- A negligible negative correlation was found between authoritative parenting style and adolescent's mental health
- A weak positive correlation was found between permissive parenting style and adolescent's mental health.

- 
- Further, no significant difference was found between male and female with regard to adolescent's mental health.

### **Conclusion, limitations and implication**

The findings indicated that only weak association was identified between the two variables. Wherein, a statistical significant relationship was found between the authoritarian parenting style and adolescent's mental health which can be a hint that this parenting style can have an impact on adolescent's mental health positively and negatively. In the investigations of mental health based on gender difference no significant difference was identified among the adolescents of Naga society. As a result, there is a need for greater awareness of parental styles to improve better mental health.

The drawback of the present study was the sample size, as the samples were collected only from one district of Nagaland and generalization becomes a limitation. Limited considerations of characteristics of the sample also restricted to this findings.

Researchers can look into parenting styles in the future by adding more characteristics which could provide more insight and better understanding.

This study's participants were all from the Dimapur district. As a result, having more respondents from various districts in Nagaland will provide a more balanced assessment on understanding the association between parenting styles and adolescent mental health. As a result, prospective researchers are encouraged to cover the entire state district.

Adolescence is a critical period with many challenges, and parents play an important role during this period. This study can help individuals like school counselors and educators to address the importance and issues of different parenting styles, support and inform parents to adopt healthier parenting styles in raising their children, and in turn contributing to helping children have better prospects by achieving and maintaining positive psychological well-being.

## REFERENCES

- Agency for Healthcare Research and Quality. (2009). *Mental Health Research Findings-AHRQ.AHRQ*, 1-23. Retrieve from, <https://www.ahrq.gov>> file pdf.
- Baumrind,D. (1971). Current Patterns of Parental Authority. *Developmental Psychology*,4, 1-103.
- Buri, J. R. (1991). Parental Authority Questionnaire. *Journal of personality and social assessment*, 57(1), 110-119.
- Damodaran, D. K., & Varghese, P. K. (2016). Gender and Mental Health: Are There Differences. *International Journal of Indian Psychology*, 3(2), 190-199
- Dwairy,M.(2004). Parenting Styles and Mental Health of Palestinian-Arab Adolescent in Isreal.*Transcul Psychiatry*,41, 52-252.
- Gupta,D.M.,& Mehtani,D.(2015). Parenting Styles and Psychological Well-being among Adolescents: A Theoretical Perspective. *ZENITH International Journal of Multidisciplinary research*, 5(2), 74-84.
- Hirata,H.,& Kamakura,T. (2017). The effects of parenting styles on Each Personal Growth Initiative and Self-esteem among Japanese University Students. *International of Journal Adolescence and Youth*, 23(3), 325-333.

- Jamir, T. & Boroah, I. P. (2019). Relationship between Perceived Parenting Styles and Psychological Well-being of Ao/Naga Adolescents. *IJRAR-International Journal of Research and Analytical Reviews*, 6(2), 854-860.
- Keiling, C., Baker-Henningham, H., Betfer, M., et al. (2011). Child and Adolescent Mental Health Worldwide: Evidence for action. *Journal of Lancet*, 378, 1515-1525.
- Laboviti, B. (2015). Perceived Parenting Styles and Their Impact on Depressive Symptoms in Adolescent 15-18 Years Old. *Journal of Educational and Social Research*, 05(1), 171-176.
- Nesse, R. M. (2015). Evolutionary Psychology and Mental Health. *The Handbook of Evolutionary Psychology*. 903-927.
- Roche, K. M., Ensminger, M. E., Cherlin, A. J. (2007). Variations in Parenting and Adolescent Outcomes Among African American and Latin Families Living in Low-Income, Urban Areas. *Journal of Family Issues*, 28, 882-909.
- Sanjeevan, D., & Zoysa, P. D. (2018). The Association of Parenting Style on Depression, Anxiety and Stress among Tamil speaking Adolescents in the Colombo City. *Sri Lanka Journal of Child Health*, 47(4), 342-347.
- Susheela, P., & Shamli. (2018). A Study of the Relationship between Depression and Parenting Styles among Adolescents. *International Journal of Engineering Development and Research*, 6(1), 42-44.
- World Health Organization. (2003). Mental Health-WHO. *Journal of Mental Health Policy and Eco-nomics*, 3, 3-10. Retrieve from, <http://www.who.int>>