

The Influence of Family Parenting Style on Adolescent Depression and the Effect of Psychological Counseling and Treatment

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Abstract: With the increasing of adolescents' mental health problems, especially the rising incidence of depression, the potential impact of family parenting style on adolescents' mental health has been widely concerned. This paper mainly studies the influence of family parenting style on adolescent depression and the effect of psychological counseling. The purpose of this study is to explore the relationship between different parenting styles and adolescent mental health, and to analyze the effective psychological intervention methods. This study uses the method of literature review to sort out the recent and past research results in related fields. The subjects included adolescents and their families, and the main tools were psychological research literature, statistical data and clinical case studies. Through the comparative analysis of the authoritative, authoritarian, permissive (liberal) loving, permissive uninvolved style and other different parenting styles, combined with the treatment cases of adolescent depression, to reveal the internal relationship between family parenting mode and adolescent depression. The findings suggest that authoritative parenting is the most beneficial for adolescent mental health, while parenting that is overly controlling or emotionally apathetic may increase the risk of depression. In addition, multimodal treatment regimes-such as a combination of cognitive behavioral therapy and medication-were significantly more effective than monotherapy in the intervention of adolescent depression. This paper emphasizes the important role of family parenting style in adolescent mental health, and provides theoretical support for related psychological intervention.

Keywords: Family parenting style, Adolescent depression, Psychological counseling, Mental health

1. Introduction

Relevant studies have found that the prevalence of depressive episode (MDE) in adolescents has been increasing in recent years, and the prevalence of depression in adolescents between 12 and 20 years old has increased significantly [1]. This reveals the scale of mental health problems among young people. At the same time, some studies have found that parenting style, as one of the external factors affecting adolescents' mental health, is associated with depression, eating disorders, addiction or violent behavior in adolescents [2]. However, the current situation is that there is little change in the

utilization of mental health treatment, leading to an increase in the number of people with untreated depression. There is also a lack of research on the use of family counseling to adjust parenting styles to reduce depressive episodes in adolescents. Therefore, on the one hand, it is necessary to make reasonable use of relevant psychological counseling methods to reduce and improve depressive symptoms such as suicidal ideation or suicidal behavior of adolescents and improve their mental health status. On the other hand, it is also necessary to establish and improve the relevant family psychological counseling methods to help parents adjust their family parenting style. At the same time, it also requires comprehensive research and a summary of the most reasonable family parenting style and relatively effective psychological counseling methods. This paper uses the method of literature review to study and summarize the influence of various parenting styles (different parenting modes, the consistency of parenting styles, grandparents' parenting styles) on the mental health of adolescents and how to improve the mental health of adolescents reasonably through psychological treatment. This paper provides an important reference for the social and mental health industry. The study reveals the relationship between different parenting styles and adolescent mental health, and provides evidence for parents and educators to optimize the family environment. At the same time, the paper analyzes the remarkable effect of multi-mode treatment in adolescent depression intervention, which provides theoretical support for the practice of psychotherapy. In addition, this paper also provides research and improvement direction for future research on adolescent mental health treatment methods.

2. Parenting style and adolescent mental health

2.1. The influence of parenting style

Parenting style is an external factor that affects the development of adolescent mental health. At the moment, The four main parenting styles that researchers study most often are authoritative, authoritarian, permissive (liberal) loving and permissive uninvolved style [2]. Authoritative is characterized by a high level of parental control, But provides emotional warmth and sensitive care. This type of parent is strict but gentle and sensitive to the child, supports and controls the child without being overly restrictive, and adopts a democratic approach. Authoritarian parenting is characterized by a high level of control but low emotional warmth and sensitivity. This type of parent is demanding and prescriptive, showing little or no emotion at all. The Permissive (liberal) loving parenting model is characterized by a high level of emotional warmth and sensitivity to the needs of the child, but a low level of control. The parent of this parenting model is very gentle and sensitive to the needs of the child, but does not set any boundaries or requirements and avoids controlling the child [3-4]. The Permissive uninvolved style of parenting is characterized by low control over children's behavior, as well as low emotional warmth and sensitivity. The parents of this kind of parenting mode let the child completely free, do not restrict the child's activities, only intervene in special circumstances, do not take the initiative to show interest in the child, and maintain a cold and distant attitude towards the child. According to the research, it is found that the mental health of adolescents is related to parenting style [4]. Because teenagers are in a special period of growth. During this period, adolescents' awareness of pursuing autonomy is increasing [5]. At the same time, emotional intimacy with parents decreases during adolescence, so a lack of emotional and understanding communication may lead to mental health problems associated with adolescents [6]. And related studies have concluded that parenting models based on excessive control and emotional apathy increase the risk of depression and substance abuse in adolescents. And authoritative styles, which include highly controlled and emotionally warm expressions, seem to be most beneficial for children's development [2].

2.2. Consistency of parenting style

Parenting styles are different in both parents, at different times and under different situations. Therefore, it is significant to study whether the consistency of parenting style will affect the mental health of adolescents. Relevant studies have found that there is a correlation between inconsistent parenting styles and symptoms of psychological disorders. Authoritarian parenting measures were negatively correlated with inconsistent measures. The higher the degree of authoritarian parenting, the lower the inconsistency in parenting behavior. However, whether this makes a difference remains to be studied [7-8]. At the same time, maternal authoritarian parenting is more significantly associated with inconsistent measures, and therefore mothers play a greater role in psychological disorders [8]. This research also proposed that father-mother inconsistency (FMI) and maternal temporal inconsistency (MTI) are major predictors of psychological disorders. In the study of this research, it is found that the combination of parenting styles of both parents has a certain impact on the behavior and psychological characteristics of adolescents [9]. For example, the combination of two authoritarian parents may have a negative impact on an adolescent's positive mental state, while having one parent in the discordant category having an authoritative style may buffer the adolescent's internal positive mental state development. This indicates that the consistency of parenting style will affect the development of adolescent mental health.

2.3. Intergenerational parenting

More and more grandparents around the world are becoming involved in raising and influencing children, which has prompted researchers to study grandparent parenting. On the one hand, grandparents directly affect participation in parenting, and according to research, grandparents' negative parenting styles such as high control, autocratic and neglectful parenting styles are positively correlated with children's unhealthy psychological symptoms. However, positive parenting styles such as warm, supportive and authoritative parenting by grandparents are negatively associated with unhealthy psychological symptoms in children [10]. However, in general, grandparents are affected by their own challenges such as poverty, low levels of education, declining physical and mental health, and increased parenting stress. Therefore, it is relatively unfavorable to participate in raising adolescents in terms of their academic performance and mental health [11]. On the other hand, grandparents are indirectly involved in rearing, which is mainly realized through intergenerational transmission of parenting. This research showed that intergenerational transmission of parenting styles was not obvious, that is, there was almost no significant correlation between parents' reported parenting styles and their recalled parenting styles of their parents (the previous generation)[12]. But the study found continuity in permissive parenting styles between mothers and daughters. This suggests that there may be some intergenerational transmission of certain parenting styles between mothers and daughters. Of course, when studying the intergenerational transmission of parenting styles, other influencing factors such as family structure, family economic status, and family education level should also be considered [11].

3. Improvement measures

3.1. Adolescent psychological counseling

At present, the attention to adolescents' mental health problems is increasing. To understand the causes of adolescents' mental health problems, it is necessary to constantly study the corresponding reasonable countermeasures and improvement measures. Mild depression in adolescents can generally be alleviated after a few sessions of non-directive supportive counseling. This is because a general brief counseling intervention is effective for depression treatment, which includes 6 to 8

sessions of cognitive behavioral therapy (CBT) and problem solving therapy, and 3 to 7 sessions of primary care non-specific psychotherapy. However, this tends to be limited to mild depression in adolescents and has only a modest improvement [13]. When it comes to moderate and severe adolescent depression, studies have shown that CBT alone is not enough, and that it may not even be as effective as a placebo. However, when CBT is combined with a selective serotonin reuptake inhibitor (SSRI), its therapeutic effect is significantly better than that of CBT alone and placebo [1]. This proves that medication is indispensable. In conclusion, adolescent depression is a common but curable mental health problem. Studies have shown that multimodal treatment programs, which combine patient and family education, cognitive behavioral therapy, and antidepressant medication, are the most effective. In adolescents, the potential benefits of antidepressants often outweigh the risks. However, for pre-adolescent children, family and psychotherapeutic interventions are often more effective [14-15].

3.2. Adjustment of parenting style

Family parenting style can influence adolescents' mental health status to a certain extent [2,16]. Reasonable parenting style can indeed improve the mental health level of adolescents [17]. Therefore, the participation of parents is also needed in the adolescent psychological treatment, which will give parents the opportunity to think and adjust the parenting style. In addition, parents need to adjust the unreasonable parenting mode of teenagers, but also need to constantly improve and flexibly change their parenting mode according to the changes of the growth needs of teenagers. The content of parental support that children need in different stages of growth is different. Relevant studies have shown that the concept of parental authority and parenting style have a certain impact on the conflict between adolescents and their parents [18]. The reason may be due to the increasing awareness of adolescents seeking autonomy [5]. Therefore, in the process of educating teenagers, parents should constantly adjust their parenting model flexibly. At the stage of teenagers, parents can appropriately reduce control and give children some autonomy. Of course, it also requires relevant institutions, communities and schools to strengthen the publicity of relevant views and provide and organize related activities to help parents in need [19].

4. Conclusion

This paper mainly discusses the influence of family parenting style on adolescent depression and the effect of psychological counseling. Through a comprehensive analysis of relevant literature, the research found that there is a significant correlation between family parenting style and adolescent mental health, especially authoritative parenting style is the most beneficial to adolescent mental health. In addition, multimodal treatment programs have shown significant results in the treatment of adolescent depression, especially when combined with patient and family education, cognitive behavioral therapy, and antidepressant medication. At the same time, family and psychotherapy interventions can also help. Although this study has made some achievements in exploring the relationship between family rearing patterns and adolescent depression, there is still room for improvement. For example, this study did not delve into treatment techniques shared among different treatment modalities. Different treatment methods may have common core characteristics, but also have their own unique characteristics. Most of the current research on common factors focuses on the interpersonal skills of therapists and the relationship between therapists and patients, but there is limited research on how these common factors play a role in different treatment models. In addition, this study did not involve the influence of different family rearing patterns on adolescent depression, which may be a direction worthy of further exploration. Future research can focus on the following aspects: First, in-depth analysis of the common core characteristics of different treatment modalities

and their application in adolescent psychotherapy to optimize treatment programs; Secondly, further explore the differences of family rearing patterns under different conditions and their effects on adolescent mental health; Finally, the research can focus on how to help parents better adjust the parenting style through family psychological counseling, so as to create a healthier family environment for adolescents. These research directions will contribute to a more comprehensive understanding of the causes of adolescent depression and intervention measures, and provide more powerful support for the practice of mental health.

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