

Parenting Style and Its Effect on Adolescents' Psychological Well-being

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Abstract: Parenting style is one of the major predictors of adolescent mental health because society is concerned about teenage mental health. In order to enhance parenting and offer a scientific foundation for family education, the purpose of this research is to explore how parenting style affects adolescents' psychological well-being. Even though they might grow up in a loving and caring environment, the psychological health of adolescents has been demonstrated to be affected by authoritarian parenting significantly. Parenting techniques, family environment and the setting for family education can all be improved by different parenting styles. This paper shows that parenting styles have an important impact on adolescent psychological health, and therefore should focus on improving parents' parenting skills and educational methods, establishing a good family atmosphere and educational environment, and promoting adolescent psychological health development. In addition, future studies can further analyze the inner mechanisms of parenting styles and expand the scope of research to better serve adolescent mental health.

Keywords: parenting styles, adolescents psychological well-being, self-esteem, mental health, substance use

1. Introduction

The issue of adolescent mental health is receiving increased public attention. However, the factors influencing adolescent mental health are extremely complex, with parenting style being regarded as an important factor. Different parenting philosophies may have different effects on teenagers' mental health. Parental involvement is a difficult endeavor that necessitates a number of specific actions that interact both singly and collectively to influence children's outcomes [1]. Parents' actions are frequently classified in terms of their demandingness and responsiveness. Baumrind defined four parenting paradigms based on these two dimensions: authoritarian, authoritative, permissive, and neglectful [2]. According to Baumrind, demanding parents that demand complete obedience from their kids are known as authoritarian parents [2]. Parents who are permissive are more responsive than those who are demanding, and parents who are authoritative are both. Parents who fail to take care of their kids are not demanding or responsive. Parents may learn more about and become more adept at the parenting style that is best for their family by studying the definition and categorization of family parenting. The child's mental health may be impacted by the variances in behavior and emotions. Having a healthy psychological well-being means being free of suffering from any psychological problems, such as depression and bipolar. According to a study, a parent's

parenting style may be able to anticipate a kid's well-being in regard to their interpersonal capabilities, educational achievement, mental well-being, and behavioral issues [1]. Based on quantitative research done by Francis et al., the psychological health of teenagers and the seen parenting style are significantly correlated [3]. Moreover, teenagers' connections with their parents can have an impact on their ability to build healthy, good emotional patterns that are vital for their mental well-being during the key era of adolescence [4]. Therefore, this paper will illustrate the effects of parenting style on adolescents' psychological well-being, such as self-esteem, mental illnesses, and substance abuse.

2. Self-esteem

Parenting style affects adolescents in various ways, including their self-esteem. A number of scholars have defined self-esteem before. To summarize their ideas, self-esteem can be described as an evaluation about oneself related to personal beliefs about skills, abilities and social relationships. It impacts a person's social connections, self-evaluation, emotional and overall well-being.

The future growth of teenagers depends on their level of self-esteem. To be more precise, people's well-being, especially psychological well-being, is positively correlated with greater levels of self-esteem. According to Kou, teenagers with low self-esteem find it difficult to handle life and job stress, which can result in mental health issues, and those with high self-esteem predicted a large drop in despair and anxiety [5]. Different parenting styles affect adolescents' self-esteem in various ways. Authoritative parents provide a secure and warm family environment for their children which makes them have a relatively high level of self-esteem. However, it is also not beneficial for adolescents' development if the level of self-esteem is too high or too low. Adolescents with permissive parents often have lower levels of self-esteem, whereas those with neglectful parents typically have exceptionally high levels, which can result in egocentric personalities [5]. Moreover, self-esteem is positively related to mental health. Based on a study done by Moksnes and Reidunsdatter, adolescents with poor self-esteem are more susceptible to mental illnesses including sadness and anxiety [6]. Self-esteem positively predicted mental wellness.

3. Mental Health

The definition of mental health is a status of internal well-being in which people can recognize their unique assets, manage everyday difficulties, perform well at their job, and contribute back to their community [4]. Adolescents with stalled development are more likely to experience psychological crises and other types of mental health issues [2], such as depressive disorder and anxiety disorder.

Experiencing mental health problems have major impact on adolescents. Teenagers with poor mental health, according to Peng et al., are more prone to participate in risky behaviors including self-harm, substance misuse, risky sexual activity, and exposure to violence [7]. As parents are frequently children's main attachment figures, their psychological well-being is greatly impacted by both parental acceptance and rejection [7]. In general, supportive parental behavior indicates that teenagers' mental health will be better. The development of social skills is facilitated by authoritative parenting that emphasizes open, sensible, and wise communication, which also reduces the likelihood of mental health issues and dangerous conduct [2]. If both parents are regarded as authoritarian, depression and anxiety are more prevalent [8]. In contrast to authoritative parents, children of authoritarian parents have poorer levels of emotional regulation and self-control, which can result in psychopathology [9]. Permissive parenting contributes to poor psychological and emotional health. Adolescents with permissive parenting had lower mental health when compared to adolescents with authoritative and authoritarian parenting, whereas the opposite is true for adolescents with authoritative and authoritarian parenting [10]. Moreover, compared to children

raised in an authoritarian and permissive environment, children raised in an authoritative environment had superior mental health [9]. These children had good mental health because authoritative parents are reasonable, whereas authoritarian parents demand a lot of their kids without providing any explanation for the rules or boundaries [9].

4. Substance Use

Adolescence is a critical developmental period characterized by significant changes in behavior, emotion, social interactions, and cognition. During this stage, adolescents are often curious about the world around them and are willing to try new experiences that they perceive as cool or interesting. One common behavior that emerges during adolescence is substance use, including alcohol, cigarettes, and drugs. According to data from the National Centre for Drug Abuse Statistics, substance use among adolescents is a pervasive issue. For instance, between 2016 and 2020, over half of eighth graders reported using drugs, while 62% of 12th-graders reported alcohol misuse, and 50% of teenagers reported illicit substance use at least once. Substance use during adolescence can have detrimental effects on adolescents' psychological well-being, including increased risk of addiction, mental health issues, poor academic performance, and impaired social relationships. Therefore, understanding the role of parenting style in influencing adolescent substance use is critical for promoting positive psychological well-being during this developmental period.

Several research has looked at the connection between parental parenting methods and teenage drug use. According to Calafat et al., while authoritarian and neglectful parenting is linked to the greatest levels of cigarette and illicit drug use, authoritative and permissive parenting are linked to lower levels of substance use [11]. It has been found that authoritative parenting, which entails comparatively high levels of parent-child contact and active parental control, prevents drug usage. Several additional studies have shown that teenagers are less likely to take drugs when their parents are in charge. On the contrary, Becona et al., found that teenagers who thought their parents were more lenient were more likely to admit to taking drugs [12]. In addition, youngsters who feel their parents have abandoned them are more likely to take drugs.

5. Discussions

Different parenting styles affect adolescents' psychological status differently. To be more specific, adolescents' level of self-esteem, mental health and the possibility of substance use are all affected by parenting styles. The degree of self-esteem is favorably correlated with both authoritative and permissive parenting methods, whereas authoritarian and neglectful parenting philosophies are adversely correlated with self-esteem. Also, teenagers with authoritative parents are in better mental health than those with permissive and authoritarian parents. In comparison to adolescents with authoritarian and permissive parents, those with authoritarian and neglectful parents are more prone to use drugs or alcohol.

Adolescence is an important period in a person's physical and mental development, as well as a critical period in the formation of one's character and values. As a result, the significance of teenage mental health cannot be underestimated. One of the key elements determining teenagers' mental health is parenting style. The correct parenting style is essential to adolescents' mental health since different parenting philosophies can have diverse effects on teenagers. To be more specific, firstly parents should focus on understanding their children's emotional needs, pay attention to their emotional and psychological conditions, help them resolve negative emotions when they need it, enhance self-confidence and self-esteem, and promote the development of mental health. Secondly, parenting should focus on the personality building of the child. Character building is one of the most important periods during adolescence. Parents should focus on guiding their children's correct

values, cultivating a sense of responsibility and respect for others, and improving their awareness to ensure the mental health of adolescents. Last but not least, parenting style should follow scientific educational theories. Parents should have sufficient educational knowledge base and avoid random emotional outpouring and punitive education. Parents should use proper teaching strategies, foster their kids' interests and pastimes, and appreciate their unique personalities and natures.

Some researchers have shown that even having the same type of parents, the gender of children will affect their psychological well-being. However, there is not enough research have focused on this point of view. Hence, while examining the connection between parental practices and teenagers' well-being, future research must concentrate on the implications of gender. None of the parenting techniques now in use are perfect. As a result, a number of scholars propose a new type of parenting style called mindful parenting. Duncan et al., defined parent-child relationships may be more enduringly satisfying and enjoyable when parents are conscious of and receptive to their children's needs. This can be achieved via the use of mindfulness techniques. Consequently, attentive parenting promotes a positive and stable parent-child bond that wards off behavioral and psychological issues in teens.

6. Conclusion

In conclusion, parenting styles play a significant role in shaping adolescents' psychological well-being, including their self-esteem, mental health, and substance use behaviors. Authoritative and permissive parenting styles tend to have positive effects on adolescents' self-esteem and mental health, while authoritarian and neglectful parenting styles can have negative impacts. Furthermore, mindful parenting, which involves being attentive and responsive to children's needs through mindfulness techniques, has been suggested as a promising approach to fostering a positive parent-child relationship and promoting healthy psychological development in adolescents.

During the critical period of adolescence, parents should prioritize understanding their children's emotional needs, guiding their values and character development, and employing evidence-based educational strategies. It is also important to consider the potential influence of gender in the relationship between parenting styles and adolescents' well-being, as further research in this area could provide valuable insights. Overall, fostering a supportive and nurturing parenting style can contribute to positive psychological outcomes for adolescents, enhancing their mental health and reducing the risk of substance use. By recognizing the impact of parenting styles on adolescents' psychological well-being and adopting effective parenting practices, parents, educators, and policymakers can promote the healthy development of adolescents during this crucial stage of life.

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