

Effect of Authoritative Parenting Style on Mental Health of Adolescents: Moderating Role of Resilience

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Article Info	Abstract
<p>Article History</p> <p>Received: September 24, 2021</p> <p>Accepted: April 25, 2022</p> <hr/> <p>Keywords : Authoritative Parenting Styles; Perceived Parenting Style; Resilience; Mental Health</p> <p>DOI: 10.5281/zenodo.6486191</p>	<p><i>The aim of this research was to investigate the association between authoritative parenting style, resilience, and mental health in adolescents. The sample comprised of 300 high school students to university freshmen of age group 15 to 20 years. Data was collected by using purposive sampling techniques from various government and private educational institutions of Islamabad, Rawalpindi, and Wah Cantt. Gafoor and Kukuran's (2014) Parenting Style Scale was used to measure perceived parenting style. Resilience Scale (RS-14) by Wagnild (2010) was used to measure resilience. The mental health of adolescents was assessed by using the Warwick-Edinburgh Mental Well-being scale developed by Tennant et al., 2007. Results of the present study revealed that authoritative parenting style was positively correlated with mental health. Results also indicated that resilience moderated authoritative parenting style with mental health. Furthermore, results demonstrated that males have better mental health as they are more resilient compared to females. Moreover, this study provides strong evidence highlighting the crucial role of parenting on mental health which will help the parents to adopt positive and beneficial rearing practices and to avoid toxic upbringing patterns.</i></p>

Introduction

Adolescence is the transitional phase of development between childhood and adulthood during which, individual experiences a wide range of biological and emotional changes. Storm and tension characterized adolescence. It refers to conflict, which is regarded as a stage that requires ongoing adaptations to the ever-changing developmental process.

Adolescence is a strenuous and challenging stage. Nowadays, teenagers are confronted with stressors from a wide variety of sources. Such stressors come from adolescents' inter and intrapsychic realms or they could be subjective, family, biological, social, and environmental. During their normal course of development, changes related to physical growth, role identification, parental expectations, resilience, and mental health are the most important challenges they face (Block & Robin, 2007). Differences lie among adolescents while reacting and managing these stressors. Some of them choose to cope and succeed despite challenges they encounter whereas, others are unable to cope so, and they face several issues ranging from scholastic difficulties to behavioral and personality problems. (Windle & Mason, 2004)

Parenting is a serious and effortful task. To get their children to follow the laws and regulations, parents generally utilize harsh discipline. Not just in their early years, but also throughout their adolescence, children require constant affection, support, and supervision. This consistent guidance will provide them with physical and mental security that nourishes their emotional and behavioral development. The majority of theorists place a high value on early life experience as a critical factor to later adjustment and psychopathology (Thompson, 2008).

Different community variables such as educational institutions, creative opportunities (Sports and arts), cultural and religious influence, and lack of exposure to violence all contribute to resilience on the macro-level (Luthar & Cicchetti, 2000). In the domains such as academics, social competence, behavioral challenges, and emotional issues resilient children perform better than the control group. In children, resilience can be easily evaluated through scholastic achievements, depression, anxiety, substance usage, and violation of societal laws. Job performance, residence, misconduct, and drug abuse are some of the indicators of resilience in adults (Daigneault & Herbert, 2007).

A healthy parental relationship is one of the most important aspects required for developing resilience. It is could be described as the tendency to rebound or retreat under threatful circumstances and also as an outcome of effective adaptation to a challenging environment (Garmezy, 1991). Being a positive and constructive personality attribute, resilience reduces the negative impact of stress, allows the individual to thrive in harsh situations. Family and other support systems aid the development of resilience. This study focuses on

parenting styles (family) as an important component of resilience. Parental care and supervision in childhood can boost resilience and decreases the negative effect of a toxic environment (Gunnar & Fisher, 2004).

Attachment and a warm relationship with the primary care provide the first fundamental basis to resilience in children. Attachment is craving connection, a sense of protection, and relaxation when faced with stressors (Bowlby, 1951). According to Baumrind (1991) coined four types of parenting styles; authoritative, authoritarian, neglectful, and indulgent. Authoritative parents contribute positively to their children's development by counseling and coordinating with them (Zakeri et al., 2010; Kopko 2007). Parents with the authoritarian style force their child to act in a way that is suitable to them, without considering his personality traits, developmental phase, and goals which eventually inhibits positive and independent problem-solving abilities (Aunola; Stattin & Nurmi, 2014). Indulgent and uninvolved parents ignore child needs and comforts, restrain their healthy development, and are less concerned about it (Norris et al., 2007).

According to previous studies, parenting approaches are linked to effectiveness throughout one's life (Rothrauff & Cooney, 2009). Close family ties protect the child from substance abuse, provide personal comfort, and nourishes mental health whereas peer groups have been viewed as both hazardous and protective aspects (Green et al., 2005).

Resilience has been positively linked to secure attachment style. In this form of attachment, newborns learn to adapt cognitive and affective behaviors. It is particularly influenced by parents' performance (Atwool, 2006). Cooperative, subtle and sensitive parenting that agrees with a child's needs and actions resulted in a stable bond (Dent & Cameron, 2003).

It may be said that even before the birth of their first child, parents incorporate a certain style of parenting (Tery, 2019). The rearing pattern which they used during the initial years of child development, seems appropriate to them (Seigel, 2001). Parenting style is considered the most critical element of resilience in a family (Masten & Reed, 2002). Although the characteristics and methods that assist adolescents in managing and dealing with problems may vary. But the features of parenthood remain the same (Fergus & Zimmerman, 2005).

Parenting styles have been identified as key variables in the overall well-being and self-confidence of teenagers (Mohammadi, Samavi & Azadi, 2013; Lesch & Jagger, 2013; Fletcher, Steinberg & Seller 1999; Hoffmann, 2010). Adolescents' mental health and well-being are determined by their early encounters with their caregivers. Mental health is an umbrella term for wellbeing, as in this state an individual can cognize his skills, with the capacity of dealing with life traumas, and be willing to contribute productively in his or her community (WHO, 2020). The state of one's mental health is influenced by several things. According to Evans (2020), the biological system of Bronfenbrenner (1986) asserts that the family as a microsystem directly affects the mental health of a child. Furthermore, research has found a strong link between rearing patterns and teenage mental health. Positive and productive parenting styles play a key role in the development of well-balanced psychological status. Neurotic and mood disorders are more likely to develop in adolescents when there is a lack of acceptance and understanding on the part of the caregiver (Darling & Sternberg, 1993). Personal, social, and societal variables, as well as their impact on each other, all determine mental health (Sturgeon, 2006).

Behavioral and emotional support from parents can help children constructively adjust to daunting and demanding situations (Wernar, 1989). There are two categories of mental health issues in adolescents. Emotional problems are referred to as internalized problems, whereas behavioral problems are externalized. (Gustafsson et al., 2010). Personal wellbeing is an entirely distinct idea from the mental health of adolescents as they both have significant theoretical overlap. It is defined as seeking pleasure and satisfaction from life (Gustafsson et al., 2016). The mental health of adolescents is deep-rooted in positive child and parents bond (Elgar, Craig, Tirtis, 2013). An increase in the incidence of mental issues within families has been linked to limited prosocial communication (Barret, Duffy, Dadds & Rapee, 2001; Greenberg, Domitrovich, & Bumbarger, 1999). Consequently, mental health must be assessed from multiple perspectives comprising, biological, social, cultural, and psychological (Kendler, 2008). Adolescents who grew in problematic families will acquire critical social and mental issues (Jaffe, 2020) that reduce their coping abilities.

Several previous research investigations revealed that individual successful functioning throughout the life span especially his mental wellbeing is very much affected by parenting style and resilience. However, not so much is known about psychological phenomena that underpin associations between these variables. Prior studies have investigated resilience in adolescents but there is a lack of published studies that look at gender variations in the development of resilience (Rothrauff, Cooney, & An, 2009). A deeper understanding of gender disparities in resilience can lead to perceiving it inclusively.

This study is necessary because in Pakistan there is a paucity of research data on the epidemiology of mental problems among adolescents. Moreover, its finding helps in the psychoeducation of parents, advising them to accept, love, and understand their children in a variety of ways. As well as, not to practice indulgent or more control behaviors.

The prevailing situation of Pakistani society is unpredictable. There are multiple social and environmental issues due to which parents are well aware of their children, adopting varied rearing practices,

and trying to become more overprotective. On daily basis, adolescents are facing different challenges in such circumstances which adds to their stress. Hence, there is a desperate need to identify rearing approaches that may develop mental wellbeing and resilience. The current research selects adolescents as study samples because they can easily look back on their perceived parental activities. By becoming part of the university, they are subjected to new scenarios which highly demand proficient and effective management of both stressors and their emotions.

The goal of this study is to provide an investigation of resilience as a buffering factor in the relationship between perceived parenting style and the mental health.

Objective

In the light of the above discussion, the present investigation examines the relationship between authoritative parenting style, resilience, and the mental health of adolescents.

Hypotheses

Following hypotheses were proposed to achieve the study's objective:

1. Mental health and authoritative parenting styles are positively associated.
2. The relationship between authoritative parenting style and mental health is moderated by resilience.
3. In comparison to females, males have a higher level of resilience and better mental health.

Methodology

Research Design

The study was based on cross sectional research design and intended to explore the associations among perceived parenting style, resilience and mental health of adolescents.

Sampling

Overall 300 adolescents participated in this study ($N=167$) males ($M=153.56$, $SD=17.06$) and ($n=159$) females ($M=146.06$, $SD, 18.25$). They were adolescents from both private and government higher secondary schools to university freshers from Wah Cantt, Rawalpindi, and Islamabad. Sample selection was based on the purposive sampling technique.

Measuring Instruments

Demographic Questionnaire. To measure demographics (like gender, formal education, parental and marital status, and the number of siblings) questionnaire was prepared and used to investigate participants' personal information.

Perceived Parenting Style. Gafoor and Kukran perceived parenting style scale developed in 2014 was used. It features two subscales: responsiveness and control. It is a 5-point Likert scale, comprising of 38 items with 1 indicating (very wrong) and 5 corresponds to (very right).

Resilience. Wagnild (2010) resilience scale, which consists of 14 items was used. The items were graded on a 7-point Likert scale, ranging from 1 = strongly disagree from 7 = strongly agree.

Mental Health. To assess the mental well-being of participants, this study incorporates Warwick-Edinburg Mental Well-being Scale (WEMWBS) developed by Tennant et al. (2007). This scale is 5 point Likert type and comprised of 14 items.

Operational Definitions

Perceived Parenting Style. It is characterized as the child's perception of his/her caregiver's behavior. Authoritative parents are both demanding and responsive. On the other hand, parents having an authoritarian style are more demanding but less responsive. Whereas permissive parents respond quickly but demand nothing (Baumirnd, 1971; Paulson & Sputa, 1996).

Resilience. Resilience is described as the capability to bounce back after hardships or the perception of a positive outcome in the face of a crisis (Masten, 2001).

Mental health. It is the state of wellbeing in which an individual can cognize his skills, with the capacity of dealing with life traumas, and be willing to contribute productively in his or her community (WHO, 2020).

Procedure

After officially taking permission from the respective schools, colleges' data was collected from 300 students. Informed consent was taken before distributing questionnaires and participants were also given the option to leave at any moment. Participants were assured about the confidentiality of the data collected. A summary of the study's nature and the goal is described. Self-administered scales were used however, the researcher was on hand to assist with any issues that arose.

Ethical Considerations

The present study has been approved by the ethical research committee of the university.

Results

The current research study attempts to explore the association between authoritative parenting style, resilience, and mental health among adolescents. Results are analyzed using Statistical Package for Social Sciences (SPSS)-23, which are as under:

Table 1

Mean, alpha reliabilities, Standard Deviations, and Correlations of Study Variables (N=300)

Variables	<i>k</i>	<i>M</i>	<i>SD</i>	α	1	2	3	4	5
Authoritative parenting styles	38	150.24	17.95	.89	-	.93**	.92**	.31**	.33**
Responsiveness	19	25.49	3.98	.73		-	.72**	.30**	.32**
Control	19	24.72	3.59	.78			-	.28**	.29**
Resilience	14	0.93	11.27	.74				-	.46**
Mental Health	14	49.27	7.79	.73					-

** $p < 0.01$ k =No of items, α =Cronbach Alpha, M =Mean, SD =Standard deviation.

Table 1 presents satisfactory reliability of all the scales used in this study. Authoritative parenting style is positively correlated with mental health. It also shows a significant positive correlation between resilience and mental health, demonstrating that resilient adolescents are mentally healthy.

Table 2

Moderation of resilience on the relationship of parenting style and mental health ($N=300$)

		Outcome: Mental health							
Model	Predictors	B	SE	β	95%CI		R^2	ΔR^2	F
					UL	LL			
Model 1	(constant)								
	Perceived parenting styles	1.53	.05		-.09	-.09	.25	.25	49.95***
	Resilience	.21	.05	.21***	.10	.31			
		.40	.05	.40***	.29	.50			
Model 2	(constant)								
	Perceived parenting styles	-.03	.05		-.13	.08	.26	.01	34.28***
	Resilience	.22	.05	.22***	.12	.33			
	Perceived parenting styles \times Resilience	.40	.05	.40***	.29	.50			
	Resilience	.09	.06	.08	.02	.19			

Note. B=coefficient, SE=standard error, β =beta. *** $p < 0.001$

Table 2 presents the moderating role of resilience on the association of parenting style and mental health. The R^2 value (0.25) indicates that the predictor explained a 25% variance in the outcome variable with $F=34.28***$, $p < .001$. The moderating effect of resilience was significant by the predictor authoritative parenting style ($B=.09$, $p < .001$)

Table 3

Mean, Standard Deviation and *t*-value showing Gender differences on Resilience and Mental health ($N=300$)

Variables	Male	Female	<i>t</i>	<i>p</i>	95%CI	Cohen's <i>d</i>
	(<i>n</i> = 167)	(<i>n</i> =159)				

	<i>M</i>	<i>SD</i>	<i>M</i>	<i>SD</i>			<i>LL</i>	<i>UL</i>	
Resilience	71.20	11.76	68.60	10.67	3.04	.00	2.58	6.02	0.05
Mental health	51.88	7.09	47.58	8.01	3.66	.00	3.46	11.51	0.56

Note. *M*=mean, *SD*=standard deviation, *LL*=lower limit, *UL*=upper limit.

An independent sample t-test is used to investigate gender differences in resilience and mental health. Males had a significantly higher mean in resilience ($M=71.20$, $SD=11.76$) and mental health ($M=51.88$, $SD=7.09$) than female ($M=68.60$, $SD=10.67$) and ($M=47.58$, $SD=8.01$). Hence, according to the findings, males are more resilient and have better mental health as compared to females.

Discussion

The present research is an important and beneficial inclusion to the literary work. The sample of the study consist of 300 adolescent ($n=167$) males ($n=159$) females aged 15 to 20 years old, to examine the relationship between authoritative parenting, resilience, and mental health.

Research within parenting styles and mental health has reinforced that mental wellbeing has a substantial link with perceived parenting style. While prior studies have confirmed that authoritative parents contribute positively to a child's mental health in strenuous conditions (Ritchie & Buchanan, 2011). Similarly, its findings are consistent with Allegre's (2011) research outcomes, which found a positive relationship between mental wellbeing and constructive parenting patterns.

A lot of earlier studies supported the assumption that adolescents' mental health is deeply affected by parental warmth and care (Bennet et al., 2005). Moreover, parental check and balance is closely linked with resilience (Liau et al., 2003). In this case, authoritative parents always established responsive and warm but at the same time more demanding and monitored relationships (Imtiaz & Naqvi, 2012).

This study sought to unpack the moderating role of resilience on the link between mental health and parenting style. As it significantly moderates the association ($B=.09$, $p.001$). Results suggest that a higher level of resilience tends to enhance mental health and parenting relation. Ritchie and Buchanann's (2011) findings validated these results. Warmth and support from parents can help the children to successfully cope with stressors. Active listening and participation in children's discussions will eventually develop resilience (Kopko, 2007). This is backed up by earlier research that suggests that teenage involvement is a protective factor for mental health and resilience (Cho, 2012). Devi and Uma's (2013) research findings revealed that warmth, affection, and supportive parent-child relationship foster the mental wellbeing of adolescents, as compared to neglectful or indulgent relationships.

Another speculation was about gender variation in the development of resilience and mental wellbeing. Results of the present investigation identified that males had drastically higher mean values of resilience and mental health as compared to female participants. Similar to the research findings by Bahadur (2006), Surucu and Bacanlı (2010), who examine that boys are more resilient and can easily adapt to adverse situations compared to girls. A more sophisticated explanation could be that Pakistani society is male dominated, where females are thought to be more accountable for housekeeping, children upbringing, and maintain honor and repute of family. Additionally, females are deeply affected by stressors as they are sensitive compared to males. Results also demonstrated that males use different coping strategies compared to females, and this finding is in line with previous studies. Males are independent and preferred to use personal resources in hardships whereas females rely on communal supplies and other support systems. Hence, their approach towards resilience is entirely distinct (Arnett, 2000).

Consistent with our hypotheses, results also describe that girls are frequently subjected to psychological and emotional issues (Depression, anxiety) influencing their abilities to work, consequently their mental health is at stake. Generally, there is a bulk of well-documented gender inequalities in the development of balanced mental health. Across cultures and societies, psychological and emotional issues are more likely to be in girls than in boys (William & Pow, 2007). Therefore, similar to other researches, the current study also indicates that female adolescents experience a moderate level of mental health issues compared to male adolescents (Affifi, 2006).

Limitations and Suggestions

Even though the present study's findings are detailed, there were certain shortcomings. To begin with, the research sample was drawn from a limited population; therefore, its results cannot be generalized to the entire population of Pakistan. Forthcoming studies should gather data from all over the country. In addition to this, insufficient demographic variables were explored. Future research should expand demographic variables.

Last, but not least, the perspective of parents was not assessed, as data was solely collected from adolescents, resulting in the possibility of response bias.

Implications

This study makes a substantial contribution not only to the field of research but also to everyday life. Its findings are of great interest for clinical and non-clinical samples. Results will assist clinicians to modify attachment styles relevant to child upbringing. Awareness campaigns, conferences, workshops, and seminars could be designed for the psycho education of parents, highlighting the impact of rearing practices on child mental health and resilience. And as well as for adolescents, enabling them to act efficiently in challenging circumstances.

Conclusion

The findings of the present study suggest that adolescents of authoritative parents are less vulnerable to mental health issues. This research also found that males have well-balanced mental and emotional states and are more resilient than females. Parenting approaches and practices play an instrumental role in defining positive and negative outcomes that children will experience. Therefore, this study's results will encourage the parents and caregivers to design such activities that will boost the cognitive, physical, and emotional capabilities of their children and adopt effective rearing patterns.

Data Availability

The data of this research is available and may be furnished when required.

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