



A study to assess the parenting style on psychosocial well-being of adolescents in a selected community area in Bangalore, Karnataka.

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ABSTRACT

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Parenting style, defined as the consistent patterns of behavior, attitudes, and practices adopted by parents, plays a crucial role in the emotional and psychological development of adolescents. This descriptive correlational study aimed to assess parenting styles and their association with the psychological well-being of adolescents aged 12-19 years in a selected community in Bangalore. A total of 60 adolescents and their parents were included in the study using a non-probability convenience sampling technique. Parenting styles were assessed using the Self-Efficacy for Parenting Tasks Index (SEPTI), and psychological well-being was measured using the Ryff Psychological Well-Being Scale (RPWBS). The results revealed that there was no statistically significant correlation between parenting styles and adolescent's psychological well-being ($r = -0.132, p = 0.315$). Additionally, no significant difference was found between maternal and paternal parenting styles ($t = 0.323, p = 0.75$), indicating similarity in parenting approaches. The findings suggest that parenting styles alone may not independently influence adolescent's psychological well-being, and other contributing factors may play a role. The study has implications for nursing practice, emphasizing the role of nurses in guiding parents and promoting adolescent mental health.

INTRODUCTION:

Parenting styles refer to the consistent patterns of behavior, attitudes, and emotional climate that parents adopt while raising their children. According to the American Psychological Association, these styles play a fundamental role in shaping a child's emotional, social, and cognitive development.

Adolescence (12-19 years) is a critical developmental stage characterized by rapid physical, emotional, and cognitive changes. During this period, adolescents are more vulnerable to stress, emotional instability, and psychosocial challenges, making parental guidance and support essential for healthy development.

Parenting styles significantly influence adolescents' psychological well-being. Positive parenting practices, such as warmth, support, and effective communication, promote emotional security, autonomy, and adaptive coping skills, whereas negative or inconsistent parenting may contribute to emotional distress and behavioral problems. Among the different parenting styles, authoritative parenting is generally associated

with better psychological outcomes compared to authoritarian and permissive styles.

Psychological well-being includes aspects such as self-acceptance, personal growth, purpose in life, and emotional stability. It is influenced by multiple factors, including family environment, peer relationships, and social conditions.

Despite increasing concern about adolescent mental health, limited research has explored the relationship between parenting styles and psychological well-being in Indian community settings. Therefore, the present study aims to assess parenting styles and their association with psychological well-being among adolescents in a selected community in Bangalore.

NEED OF THE STUDY:

Adolescence is a crucial developmental period marked by rapid physical, emotional, psychological, and social changes. During this stage, adolescents are more vulnerable to emotional instability, stress, behavioral issues, and psychological disturbances. Psychological well-being during adolescence plays a vital role in

shaping self-esteem, coping abilities, interpersonal relationships, and overall mental health.

Recent estimates suggest that nearly 10-20% of adolescents worldwide experience mental health-related problems, many of which remain unidentified and untreated. Studies have reported increasing levels of anxiety, emotional imbalance, and poor psychosocial adjustment among adolescents, often influenced by the family environment, academic pressure, and changing social dynamics. Parenting style has been identified as a major environmental factor influencing adolescents' emotional and psychological development.

Previous studies in various settings have shown differing associations between parenting styles and adolescents' psychological well-being. Ramaswamy (2021) conducted a descriptive correlational study among adolescents and reported a significant association between authoritative parenting and higher psychosocial well-being. Adolescents exposed to supportive and consistent parenting demonstrate better emotional adjustment and higher psychological well-being.

Similarly, Sukumaran and Balakrishna (2021) conducted a non-experimental study and reported that authoritative parenting was significantly associated with better social-emotional development among children, whereas permissive parenting had no significant effect. These findings highlight the importance of parenting practices in influencing children's emotional and psychosocial outcomes.

Despite the growing evidence, few studies in Indian community settings have examined the association between parenting styles and adolescent's psychological well-being. As nurses play a key role in mental health promotion and preventive care, understanding these relationships is essential. Hence, the present study was undertaken to assess parenting styles and their association with psychological well-being among adolescents aged 12-19 years in a selected community setting.

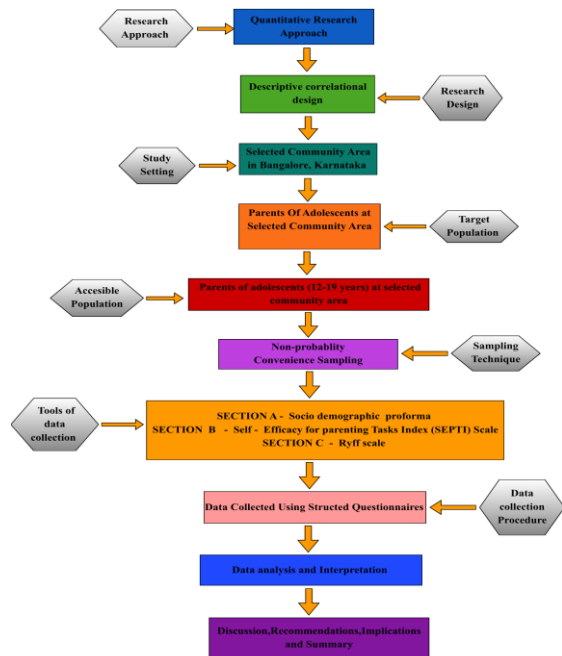
Objective of the study:

1. To assess the parenting styles of parents of adolescents at selected community areas.
2. To assess the psychological well-being of adolescents.
3. To find the correlation between parenting styles and the psychological well-being of adolescents with selected sociodemographic variables.

Hypothesis:

H₀₁: There will be no significant relationship between parenting styles and the psychological well-being of adolescents.

H₁: There will be a significant difference between mothers' and fathers' parenting styles among parents of adolescents.



Methodology: Fig No 1: Schematic Representation of the Research Methodology

RESEARCH VARIABLE:

Demographic variables:

The demographic variables for the study included age and sex of the parents, religion, type of family, type of residence, father's education, mother's education, father's occupation, mother's occupation, monthly family income, number of children, age and gender of the adolescent, birth order of the adolescent, school/college attendance pattern, time spent with the adolescent daily, primary caregiver, participation in parenting awareness programs, and adolescent's exposure to electronic media.

Independent variable:

In this study, the independent variable was Parenting Style.

Dependent variable:

In this study, the dependent variable was the psychological well-being of adolescents (12-19 years).

Inclusion criteria:

- ❖ Parents of adolescents aged 12-19 years.
- ❖ Adolescents aged 12-19 years residing with their parents.
- ❖ Parents and adolescents residing in the selected community areas of Bangalore were included in the study.
- ❖ Parents and adolescents who are willing to participate provided informed consent.

Exclusion criteria:

- ❖ Single parent children
- ❖ Children who stay in hostels
- ❖ Children who live in orphanage

- ❖ Children having any other serious physiological, neurological and any major
- ❖ psychiatric issues
- ❖ Children who are having intellectual disability

Development and description of the tool:

- ❖ Section A: Sociodemographic proforma of parents and adolescents
- ❖ Section B: Self-Efficacy for Parenting Tasks Index (SEPTI) to assess parenting style

- ❖ Section C: The Ryff Psychological Well-Being Scale was used to assess the psychological well-being of adolescents.

Data collection procedure:

The data collection tools consisted of a sociodemographic proforma, the SEPTI scale, and the Ryff Psychological Well-Being Scale.

Data were collected from 60 participants in selected community areas of Bangalore after obtaining permission and informed consent from the participants' parents.

Table No 1: Frequency and percentage distribution of selected sociodemographic variables

n=60

Sl No.	Demographic Variables	Group	
		Frequency (F)	Percentage (%)
1	Age (in years)		
	12-13 yrs	11	18.3
	14-15 yrs	21	35
	16-18 yrs	25	41.7
	Others	3	5
2	Gender		
	Male	31	51.7
	Female	29	48.3
3	Education		
	5th-8th	18	30
	9th-10th	15	25
	PUC	21	35
	Others	6	10
4	Religion		
	Hindu	58	96.7
	Christian	0	0
	Muslim	2	3.3
5	Birth Order		
	First child	27	45
	Second child	26	43.3
	Third child	5	8.3
	Single child	1	1.7
	Others	1	1.7
6	Siblings		
	0	6	10
	1	35	58.3
	2	10	16.7
	3 or more	9	15
	Others	0	0
7	Father's Education		
	Illiterate	6	10

	Primary	14	23.3
	Secondary	26	43.3
	Graduate	14	23.3
	Others	0	0
8	Father's Occupation		
	Unemployed	3	5
	Skilled	48	80
	Professional	9	15
9	Mother's education		
	Illiterate	2	3.3
	Primary	29	48.3
	Secondary	21	35
	Graduate	8	13.3
	Other	0	0
10	Mother's Occupation		
	Home maker	39	65
	Skilled	20	33.3
	Business	1	1.7
	Professional	0	0
11	Family Income		
	Less than 10,000	2	3.3
	11,000-20,000	25	41.7
	20,000-30,000	20	33.3
	30,000 or more	13	21.7
12	Types of Family		
	Nuclear	51	85
	Joint	9	15
	Extended family	0	0
13	Any Health Problem		
	Yes	1	1.7
	No	59	98.3
	Others	0	0

Table No 2: Relationship between Parenting Styles and Psychological well-being of adolescents

Variables	Mean	R	Significance
Parenting Styles	239.39	-0.132	.315 NS
Psychological Well-being	157.87		

Significant at 0.05

Table 2. indicates that there is no substantial correlation between Parenting Styles and Psychological Well-being. Consequently, the null hypothesis stating, "There will be no relationship between Parenting Styles and the Psychological Well-being of adolescents" is accepted.

Table No 3: Comparison between mothers' and fathers' parenting style and psychological wellbeing

Variable	Group	Mean	"t" value	Significance
Mother parenting style	60 children	35.32	0.323	0.00
Father parenting style	60 children	36.07		

Significant at 0.01

Table 3. indicates a substantial correlation between maternal parenting, as well as a similar correlation in paternal parenting scores. "There will be a significant relationship between mothers and fathers parenting styles and psychological well-being" is accepted.

RESULT AND DISCUSSION:

The findings of the present study revealed that there was no statistically significant relationship between parenting styles and adolescent's psychological well-being. This suggests that parenting style alone may not be a determining factor influencing adolescents' mental health, and other variables such as peer influence, academic stress, and family environment may play a significant role.

Furthermore, the study found no significant difference between maternal and paternal parenting styles, indicating that both parents exhibit similar approaches in raising adolescents within the studied population.

However, certain sociodemographic variables such as parental education, family income, type of family, and time spent with adolescents showed significant associations with psychological well-being. This highlights the importance of the broader family context in influencing adolescent mental health.

These findings are consistent with previous studies, which emphasize that although parenting styles contribute to adolescent development, psychological well-being is a multidimensional construct influenced by multiple environmental and social factors.

LIMITATIONS:

- ❖ The study sample was limited to 60 parents of adolescents, which may limit the generalizability of the findings to a wider population.
- ❖ Data were collected using self-reported questionnaires (SEPTI and Ryff scale), which may have been influenced by social desirability or response bias.
- ❖ The cross-sectional design limits the ability to establish causal relationships between parenting styles and psychological well-being.
- ❖ Only selected sociodemographic variables were considered; other potential influencing factors (e.g., peer influence, school environment, and parental mental health) were not assessed.

RECOMMENDATIONS:

- ❖ The study can be replicated with a larger sample size and probability sampling techniques to enhance its generalizability.
- ❖ Longitudinal or interventional studies should be conducted to examine the long-term effects of parenting styles on adolescents' psychological well-being.

- ❖ Parenting education programs and workshops can be developed based on the study findings to strengthen positive parenting practices.
- ❖ Nursing professionals can use these results to plan family-centered counseling and mental health promotion interventions targeting adolescents.

CONCLUSIONS:

The study concluded that parenting styles did not show a statistically significant relationship with adolescent's psychological well-being, and no significant difference was observed between maternal and paternal parenting styles.

However, parenting practices may still have an indirect influence on adolescent development, along with other contributing factors such as peer relationships, academic stress, and family environment.

The findings emphasize the need for a holistic approach in promoting adolescent mental health. Nursing professionals play a vital role in educating parents, providing counseling, and implementing family-centered interventions to support adolescent's psychological well-being.

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