

# Parenting and Adolescent Abuse

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Being a parent is one of the most difficult job a person will have it. Mostly parents want their children to become independent, well educated and able to deal with the world. The old methods of parenting do not work in today's society. Teenagers, like me and like everyone, want to be treated with love and respect (Brenner and Fox, 1999). Parenting is the process or the state of being a parent. Once a person has a child they are involved in the process of parenting (Brooks et. al., 1987). According to Morrison, parenting means the development of a child, using the knowledge and also providing care to a child. Parenting also involves growing up the children in a well mannered way (Brooks et. al., 1987). The quality of parenting is an important influence on children's thinking, emotional and social development. Parent's influence is the greatest on a child's development positively as well as negatively (Nevid, 2009).

There are several characteristics of parenting-

- Firstly parenting becomes a choice in life.
- Secondly parenting is a life- long process.
- Thirdly it is the responsibility of a parent to take care of their child physically and psychologically.
- Lastly, parenting is not just the role of mother or the father, the whole family affects the child-behavior (Brooks et. al., 1987).

The quality of parenting depends on several factors. The maturity of the parents should be there. A parent should have a good marital relationship with each other. The parents should always be supportive towards their child. The parents should not force their child to do something of their own choice. The parents should be warm and understanding (Brooks et. al., 1987). There are four patterns of parenting styles based upon two aspects of parenting behavior: control and warmth. Parental control means that the degree to which parents manage their children's behavior – from being controlling, making few rules and demands. Parental warmth means that the degree to which parents are accepting and responsive of their children's behavior they unresponsive and rejecting. When the two aspects of parenting behavior are combined in different ways, four primary parenting styles in to their emerge (Diana Baumrind, 1991). These are as follows

## I. AUTHORITATIVE PARENTS

They are warm but firm. They encourage their adolescents to be independent. They want their

children to maintain certain limits and control on their actions. They understand that their opinions are valued (Baumrind, D.1991). They establish an enjoyable, emotionally fulfilling parent-child relationship that makes a child to get closer to their parents. And, when parent and child disagree, authoritative parents makes a combine decision if possible (Kuczynski et. al., 2004). Throughout childhood and the adolescence, authoritative parenting is connected with various aspects of competence (Amato et al., 1997). As a result, adolescents are more likely to be socially responsible and autonomous (Baumrind, D.1991).

## II. AUTHORITARIAN PARENTS

They are little warm and highly controlling. Authoritarian parents are strict and they want their child to follow their rules. They are engaged in discussions with the child. Authoritarian parents want their child to do whatever they want without any argument (Baumrind, D. 1991). Children of authoritarian parents are anxious, unhappy, are low in self-esteem and self-reliance and may react in an awkward way. Boys specially, show more anger as compared to girls. Although girls, are also involved in acting out behavior, they are more likely to be dependent, show lack of interest in exploring things and do not challenge their task like boys does (Hart et al. , 2004). As a result, adolescents become dependent (Baumrind, D. 1991)

### A. Permissive parents

They are warm undemanding. They believe that the way to understand their love is to give in to their adolescent's wishes. Permissive parents do not like their children to say no or make them upset of anything (Baumrind, D. 1991).

Children of permissive parents can eat meals and go to bed whenever they wish and can watch as much as television as they want. They do not have good manners. Children of permissive parents are impulsive and disobedient. They are more demanding and dependent on others. They show low academic achievements and are bad in performing tasks (Barber et al., 1997). As a result, children are free to make many important decisions. Children may have difficulty with self-control also (Baumrind, D. 1991)

### B. Uninvolved parents

They are not warm and do not place any demands on their child. Parents are emotionally

detached and depressed. They have a little time for their child. Make few demands. As a result, child generally show similar patterns of behavior as adolescent (Baumrind, D. 1991).

Another important aspect of parenting style is that the adolescent behavior is an important measure that can have a significant influence on parenting style. Overall attitude of the tends to evolve parenting style of the children. It is commonly practiced on the part of the parents that they change their parenting habits with time. Few parents are more rigid with elder children and less rigid with younger ones. Hence, the time period changes in circumstances evolves the parents as well as their parenting style (Pressley & McCormick, 2007). Developmental psychologists overwhelmingly endorse authoritative parenting as the optimal parenting style for raising adolescents. Authoritative parenting is related with adolescent development and provides warmth relationship between a parent and a child. It is related to positive developmental outcomes. Parenting styles may also differ between parents. In this situation, parents should discuss in private, acceptable and unacceptable child behaviors. Every parent have a different way of parenting their child. In case of differing parenting styles, parents should make a specific rules on child's behavior (Steinberg, 2011).

1. These are some recommendations which will help and maintain a good relationship between a parent and child-Parents training courses should be introduced by government to make them familiarize with positive discipline styles.
2. Seminars and workshops of parenting styles should be done.
3. This type of research study may be conducted in order to find out the effectiveness of integrated parenting styles of mother and father.
4. It is important to take in consideration the influence of peers and media on educational motivation.

### III. EFFECTS OF PARENTING ON ADOLESCENT

The quality of parent-child relationship affects the adolescent's perceptions and self- concept. The parenting styles are reflected in the peer relationship patterns experienced by adolescent girls, there was a strong similarity between the degree to connectedness which the adolescent girl experiences in her family relationship with peers. During early adolescence parental child centered and social support from family were positively related to the adolescence being liked by peers (Feldman & Wentzel, 1990). Even in late adolescence, close relationships with parents are associated with

perceived social competence and greater satisfaction with peer relationships (Bell et al., 1985).

The positive aspects of peers relations, closeness to peers, understanding with peers, all of them strictness and high level of control may lead adolescent give more time and attention to their peer relationships. Giving more importance to their peer relation is not a positive quality of peer relations (Fulgiri & Eccles, 1993).

Strongly, peer-oriented adolescents have more negative views of themselves (Conger et al., 1992) they will experiences more emotional problems (Kandel & Davies, 1982) and do not receive more support from their peers (Dedevelopvoic & Meeus, 1995). The essential things for parental acceptance and positive regard for the child. The attachments are formed in infancy and it is an integral part of human behavior throughout the life time of the individual (Bowlby, 1977). Attachment gives warmth and helps parents to accept their children's psychological growth (Maccoby & Martin, 1983). A parent who is loving and have a positive behavior evaluates his or her child and provides them support their child so that their child's self-esteem gets high. Parental acceptance and support also encourages the child to generate personal limits and discover their challenge which is important for their self-concept development (Bohrnstedt et. al., 1983).

### IV. THE IMPACT OF PARENTS ON ADOLESCENT DEVELOPMENT AND MENTAL HEALTH

Authoritative parents are warm and involved, but firm in developing and enforcing guidelines, limits and developmentally appropriate expectations. Although these common elements of authoritative parents are same across different periods in children's development, there is one more important thing to assess in adolescents: the extent to which parents encourage and permit their adolescents to develop their own opinions and beliefs (Steinberg et. al., 1990). Parent's academic encouragement and involvement in adolescent's schooling is beneficial to their child's school achievement (Steinberg et. al, 1992). Students whose parents attend school functions, encourage achievement did better in school than their peers whose parents were less actively involved. But parental encouragement and involvement had a much stronger impact when parents were not. In other words, it is not what parents do that matters but, the emotional contact in which they do it (Darling et.al, 1992).

### V. REVIEW OF LITERATURE

A study found that Authoritative parenting style is highly associated with self-efficacy. The study is significant because it allows helping professionals to

gain a better understanding on the relationship between parenting styles and self-efficacy (Barber & Eccles, 1992).

One study shows that single family home has on the youth. Parental separation and divorce has a Stremendous effect on children. It would be interesting to focus on positive outcomes associated with a single family home. Certain situations such as a violent household environment might be beneficial for the family to separate; but the child's emotional responses towards the situations are going to play a very significant role in the outcome of his behavior. The authoritative parenting tends to facilitate the development of moral reasoning more effectively than any other parenting style (Pratt et al., 1999)

Parents play an important role in overall development of child. A balanced control by the parents will help the child grow socially and helps them to adjust in the given environment. Children spend most of the time at home and parent's attitudes, behaviors, life-standards and communication with children has a great influence on child's mental growth. A balanced attitude adopted by parents have a positive effect on cognitive development of child. In this study, authoritative parenting style of mother and father was found as a positive proctor of academic performance authoritarian and permissive styles adopted by father and mother were found as a negative predictor of academic performance (Lamborn et.al, 1991).

Jewell & Stark (2003) found that environment influences adolescent is psychological adjustment to a large extent. Mohanraj and his colleague (2005) found that parenting have a major impact on the development of child mental health difficulties.

In a study by Hoghughi (2004), he found that family environment do have a significant effect on the adjustment patterns of adolescents. Pellerin (2005) in a study applied Baumrind's authoritative, authoritarian and permissive parenting to high schools as socializing negotiators.

Wargo (2005) found that Authoritative parenting style that includes parenting monitoring and promotes adolescents to do positive activities and reduce adolescent opportunity risky behavior. A warm but firm approach to parenting allows adolescents to be independent within developmentally approach parental limits and boundaries.

In another research carried out by Darling, McCartney and Taylor (2006), a significant relationship was found between parenting styles and depression. The findings of this study showed that school styles give same results as parenting styles.

Furthermore, in a study by Odubote (2008) reported that authoritarian parenting style is highly correlated with delinquency behavior, adding that the authoritative parenting style has been associated with

positive outcomes. Fletcher and his colleagues (2008) found that a mother authoritative parenting style had a negative relation with internalizing symptoms. In contrast, permissive and authoritarian parenting style has been associated with delinquency. This study indicated that children of authoritarian parents have more depression compared to children of uninvolved parents.

Baumrind in 1991, reported that parents who are authoritative were more successful than authoritarian parents, especially in helping their adolescents to deal with their problems associated with drugs. Also, the consistent utilization of external reinforcements and too much focus on conformity to authority decrease adolescent's awareness of competence, self-sufficiency and inner enthusiasm to achieve.

Williams et al. (2009) claimed that high authoritative parenting was associated with fewer tendencies in internalizing symptoms of children.

On the other hand, Wu (2009) demonstrated that mother's permissive parenting style is related with anti-social behavior among their children. Palmer (2009) found that authoritative parenting was positively correlated with the children's adjustment and authoritarian parenting was negatively correlated with children's adjustments. In addition, it was reported that parental self-control skills were positively correlated with authoritative parenting.

B.Kuppuswamy study shows that family relationship and adolescents' self-esteem shows that there was no parental favourism and who felt accepted by the family had higher self-esteem than those perceived avoidance in the family structure. The findings in the Maternal and Parental Parenting style in Adolescents is associated with self-esteem, depression and life satisfaction. Authoritative mothering was found to related to higher

In a study by Arzeen (2012) shows that, just sending children to school cannot ensure complete future citizens. Parents must understand that being overly protective of children's feelings gets in the way of their emotional growth their styles of nurturance contribute or children's academic achievement and various psycho-social aspects of development. This study puts light on the fact that the healthy home environment specially parents can be a strong source of support for developing adolescents.

## **VI. CONCLUSION**

A good Parenting is required for any child's development. I believe that we have enough evidences to conclude that adolescents benefits from having parents who are authoritative: warm, firm and accepting of their needs for psychological autonomy. Parenting styles have a great impact on adolescents' self- esteem, self-efficacy, mental health, cognitive development and their behavior towards the environment. Parenting styles effect the child's

behavior mentally and physically both. Authoritative parenting is considered to be the best way for the child's overall development. It makes the adolescent independent. It creates a warm and loving relationship between a parent and a child. Throughout childhood and the adolescence, authoritative parenting is connected with many aspects of competence.

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