



A STUDY OF PARENTING STYLES AND ITS IMPACT ON RISK TAKING BEHAVIOURS IN YOUNG ADOLESCENTS

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Introduction:

Adolescence (from Latin word, adolescere, meaning ‘to grow up’) is a transitional stage of physical and psychological development that generally occurs during the period from puberty to legal adulthood. Adolescence generally deals with age group of 10 to 21 years, divided into three stages; Early Adolescence- 10 to 13 years, Middle Adolescence- 14 to 17 years, Late Adolescence- 18 to 21 years. Adolescence marks a rapid change in one's role within a family. Young children tend to assert themselves forcefully, but are unable to demonstrate much influence over family decisions until late adolescence, when they are increasingly viewed by parents as equals. The adolescent faces the task of increasing independence while preserving a caring relationship with his or her parents. When children go through puberty, there is often a significant increase in parent–child conflict and a less cohesive familial bond. Arguments often concern minor issues of control, such as curfew, acceptable clothing, and the adolescence right to privacy, which adolescents may have previously viewed as issues over which their parents had complete authority.

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Parent-adolescent disagreement also increases as friends demonstrate a greater impact on one another, new influences on the adolescent that may be in opposition to parents' values. Social media has also played an increasing role in adolescent and parent disagreements. While parents never had to worry about the threats of social media in the past, it has become a dangerous place for children.

Developmental psychologists have long been interested in how parents affect child development. However, finding actual cause and effect links between specific actions of parents and later behaviour of children is very difficult. Some children raised in dramatically different environments can later grow up to have remarkably similar personalities. Conversely, children who share a home and are raised in the same environment, can grow up to have very different personalities. Despite these challenges, researchers have posited that there are links between parenting styles and the effects these styles have on children. These effects, some suggest, carry over into adult behaviour.

Parenting:

Parenting is the process of promoting and supporting the physical, emotional, social and intellectual development of a child from infancy to adulthood. Parenting refers to the aspects of raising a child aside from the biological relationship. It is the rearing of a child or children, especially the care, love and guidance given by a parent. Parenting is usually done by the biological parents of the child although government and society take a role as well. In many cases, orphaned or abandoned children receive parental care from non-parent blood relations



Others may be adopted, raised in foster care or placed in an orphanage.

Bad parenting encompasses behaviours that do emotional, physical or mental harm to the child. Bad parents do not spend time with their children, do not know names of their children's friends, do not take part in their child's school activities, scold and beat for every petty thing he does instead of trying to know the cause behind it and stay frustrated with the child. They are concerned with making themselves happy than they are about making their child happy, ignores their children's needs and do not pay any attention to them.

Bad parents do not treat their children equally, say that they love them and they should know it even though they should show it, say that their actions are for the best when they are selfish, make excuses all the time when things went wrong, do not see what is in front of them, joke about them in a bad way in front of them, do not fulfil their needs, even when they try their hardest it is never good enough for them, let the children know that they are not proud of them and do not believe in them and their dreams.

Taking care of children, is, in almost all societies, considered the duty of parents. Child care means providing for safety, health and growth through shelter, food, clothing, regulation of stimulation, sanitation, medical attention and protection from noxious influences. Parental involvement with children from an early age has been found to equate with better outcomes (particularly in terms of cognitive development). What parents do is more important than who they are for children's early development, i.e., home learning activities undertaken by parents is more important for children's intellectual and social development than parental occupation, education or income.

Parenting Styles and Adolescent Behaviour:

While parenting styles do influence adolescent development, adolescents themselves can influence the type of parenting style their parents use. For instance, an adolescent who always follows the rules may influence their parents to be more lenient whereas an adolescent that breaks the rules may influence their parents to be stricter with rules and discipline. Parenting styles are therefore flexible and accommodating. Each of these different parenting styles can influence the adolescent development in a unique way.

1. Attachment Parenting:

Attachment parenting is a style of caring where the parent and child form a strong emotional bond. Parents believe that when there is a strong attachment, it helps the child become more secure, empathic, and a peaceful human being. It helps adolescents to manage their anxiety better. These adolescents tend to be cooperative with their parents, interact better with peers, learn more rapidly in school, have higher self-esteem, and are more flexible and resilient under stress

2. Helicopter Parenting:

Helicopter parenting is a style of parenting where the parents tend to be involved in every aspect of their child's life to the extent of over involvement. These parents constantly interact with and often interfere with their children's lives, which often leads to smothering. Helicopter parenting can cause adolescents to become dependent on their parent's money, time, and advice and therefore, they are unable to be independent and are indecisive.

3. Permissive Parenting:

Permissive Parenting is a style of non-traditional parenting where the parents tend to avoid setting rules for their



children. This can lead to adolescents learning that rules are not important and that consequences are very light for misbehaviours. Adolescents that grow up with permissive parents often have trouble with self-control, demonstrate egocentric tendencies, and experience difficulty developing good peer relationships.

4. Authoritarian Parenting:

Authoritarian parenting is a style of parenting that is restrictive on children. Authoritarian parents are strict disciplinarians who display little warmth towards their children but exert a high level of control in their life. The adolescents may become rebellious and display aggressive behaviours toward parents and peers. Authoritarian parents tend to raise girls who are less independent, boys who are more aggressive, and children who appear discontent, self-obsessed and extrinsically motivated.

5. Authoritative Parenting:

Authoritative parenting is a style of parenting characterized by parents being warm, but firm towards their child. Authoritative parents typically establish rules and guidelines that they expect their child to follow, however these parents are open to negotiation and discussion. These parents encourage their adolescent to be independent with boundaries and controls on the child's actions. Adolescents learn how to negotiate, are socially competent, responsible, and autonomous.

6. Uninvolved parenting:

Uninvolved parenting is a style of parenting where the parents tend to be as uninvolved as possible in the life of their child; any interaction tends to be short, and their child's opinion is neither asked for nor wanted. Uninvolved parents are indifferent to their adolescent's needs, location, school experiences, friends and anything else that connects them to their children. These adolescents tend to be uncaring about others which can lead to impulsive behaviours and problems with addictions.

Adolescence and Risk Behaviours:

Adolescence is a critical period for the development of healthy behaviours and lifestyles. Findings from numerous studies over the past 20 years suggest that the quality of the parent-adolescent relationship has significant impact on the development or prevention of risky adolescent health behaviours. Adolescents raised in authoritative households consistently demonstrate higher mental strength and fewer risk behaviours than adolescents from non-authoritative families. There is also considerable evidence to show that parenting styles and behaviours related to warmth, communication and disciplinary practices influence academic achievement and psychosocial adjustment. Although there are many behaviours that might be considered risky, the Centre for Disease Control and Prevention (CDC) has identified six health risk behaviours which are detrimental to the adolescent health. These six risk behaviours include:

1. Behaviours relating to unintentional injuries and violence;
2. Tobacco use;
3. Alcohol and other drug use;
4. Sexual behaviours that contribute to unintended pregnancy and sexually transmitted diseases;
5. Unhealthy dietary behaviours;
6. Physical inactivity;

These behaviours are often established in early childhood and may continue and intensify through the adolescent



period. There are many dimensions of the adolescent-parent relationship that might influence adolescent health and developmental outcomes, as well as the development of risky health behaviours. Such components include type of discipline (consistent versus inconsistent), level of parental involvement, level of parental monitoring, type of communication, and parenting style.

Various studies have categorized parents into three parenting style categories: authoritarian (high control and low acceptance), authoritative (high control and high acceptance), or permissive/indulgent (low control and high acceptance). Some have added a fourth category of neglectful parenting style (low control and low acceptance). Others have used different operational definitions and measures, although most measures focus on dimensions of control and acceptance.

Review of Literature:

The review includes only studies examining specific relationships between parenting styles and substance use, unhealthy eating, and risky sexual behaviours.

Drug use has grown to become a substantial health problem among adolescents. Windle (1990) found that 23% of both the males and females smoked marijuana at least once. Farrell et al (1992) found that 9% and 6% of males and females seventh graders had used marijuana during the past thirty days, while 7% of each sex reported using other drugs. Of the 9th graders, 15% and 9% of the males and females had used marijuana during the past thirty days, and 6% and 5% reported using other drugs. The adolescent's perception of family cohesion is related to substance use (Smart, Chibucos & Didler, 1990). Open communication with a parent is negatively correlated with substance use (Kafka & London, 1991). Adolescents in single parent homes are at higher risk for experimentation with smoking, alcohol, and drugs (Turner, Irwin, Millstein, 1991).

Fifteen studies were reviewed that examined relationships between parenting styles and adolescent use of drugs and/or alcohol. Findings from these studies suggested a decreased risk of drug use among adolescents whose parents had an authoritative parenting style. Adolescents who reported that their parents had authoritative parenting styles were less likely to initiate or increase their rates of smoking over a 2-year period.

Alcohol use among adolescents has become a serious health problem. Windle (1990) studied a national sample of 1,254 and 1,157 male and female adolescents. Forty-seven percent and 44% males and females reported that they consume alcohol without parental permission. Although males and females have a similar overall proportion of drinkers, males are more likely to engage in heavier drinking (Barnes & Welte, 1986; Windle & Barnes, 1988).

Research Methodology:

Objectives:

The objectives of the study are as follows:

- To understand the link between parenting styles and adolescent risk behaviours
- To understand the reasoning behind adolescents engaging in risk behaviours and the various factors that impact this
- To gain an estimate of the different risk behaviours that adolescents engage in
- To gain an understanding on how suicide is impacted by parenting styles and how can this be better monitored



- To understand the use and abuse of drugs in adolescents and the impact parenting styles have on the same
- To understand the degree and extent of unintentional and intentional injury and the impact parenting styles can have on it
- To understand the relationship between parenting styles and level of unhealthy eating and physical inactivity
- To understand the impact of parenting styles on adolescent unhealthy sexual behaviour

Hypotheses:

Hypothesis 1: There is a significant relationship between parenting style and use of drugs, alcohol or tobacco.

Hypothesis 2: There is a significant relationship between parenting styles and intentional or unintentional injury

Hypothesis 3: There is a significant relationship between parenting styles and unhealthy sexual behaviours.

Hypothesis 4: There is a significant relationship between parenting styles and unhealthy eating practices and physical inactivity.

Sample:

For the purpose of the study, convenience and random sampling was used. A set of 60 participants from 5 South Mumbai colleges will be selected. The risk behaviour questionnaire was administered on the adolescent, while the parenting styles questionnaire was administered on their parent, following which comparative groups was made.

Operational Definition of Variables:

Independent Variable: Parenting Styles:

For the purpose of this study, parenting styles is defined as per the Parenting Styles Four Factor Questionnaire (PSFFQ), which gives an assessment of 4 styles of parenting:

- Authoritative Parents: High demandingness. High responsiveness.
- Authoritarian Parents: High demandingness. Low responsiveness.
- Permissive Parents: Low demandingness. High responsiveness
- Uninvolved Parents: Low demandingness. Low responsiveness.

Dependent Variable: Adolescent Risk Behaviours:

For the purpose of this study, risk-taking behaviours in adolescents as defines by the Youth Risk Behaviour Surveillance System (YRBS 2017) are as follows:

- Behaviours that contribute to unintentional injuries and violence
- Sexual behaviours related to unintended pregnancy and sexually transmitted infections, including HIV infection
- Alcohol and other drug use
- Tobacco use
- Unhealthy dietary behaviours
- Inadequate physical activity

Research Design:

A single independent variable design is considered for the study, where groups was divided as per responses



on the parenting styles questionnaire (PS-FFQ). The frequency of risk-taking behaviours in regard to parenting styles was considered and analysed following this for a comparative analysis.

Tools for the Study:

Parenting Styles Four Factor Questionnaire (PS-FFQ):

A 32-item self-administered questionnaire which determines styles of parenting, based on the work of Diana Baumrind. The tool was developed to specifically measure different styles of parenting and is specifically used in the case of parents of adolescents. The internal consistency as determined by Cronbach's alpha was found to be 0.919 showing it is a strong measure of the styles of parenting. A result of item analysis, validity and reliability shows that the instrument gives an accurate measure of the styles of parenting.

Youth Risk Behaviour Survey (YRBS), 2017:

A 68-item multiple choice, self-report inventory designed to survey the level of risk behaviours in adolescents by the Centre of Disease Control in the US. The frequency of behaviours as well as intensity with which they are engaged is measured using the survey. The CDC releases a 10-year report every decade discussing the emerging trends in adolescent risk behaviours. It was tested over a nationally representative sample in the US and has been found to be a reliable and valid measure of the different aspects of adolescent risk behaviours, which include sexual behaviours, alcohol, drug and tobacco use, physical inactivity, unhealthy dietary behaviours and unintentional or intentional violence.

Result and Discussion:

When data has been obtained, it is necessary to organize them for the interpretation. Qualitative data may have to be summarized and treated statistically to make significant clean.”

Olive R.A.G.

According to Good, Barr and Scates, “Analysis is a process which enters into research in one form or another, from the very beginning. It may be fair to say that research, in general, consists of two large steps i.e. gathering of data and the analysis of research data.”

Data analysis is the act of transforming data with the aim of extracting useful information and facilitating conclusions. Data analysis is the process of systematically applying statistical and/or logical techniques to describe and illustrate, condense and recap, and evaluate data. According to Shamoo and Resnik (2003) various analytic procedures provide a way of drawing inductive inferences from data and distinguishing the signal (the phenomenon of interest) from the noise (statistical fluctuations) present in the data.

The organization, analysis and interpretation of data and formulation of conclusions and generalizations are necessary steps to get a meaningful picture out of the raw information collected. The analysis and interpretation of data involves the objective material in the possession of the researcher and the subjective reactions and desires to derive from the data the inherent meanings in their relation to the problem.

After the collection of data, analysis and interpretation is the foremost and essential step of the research work. So it is the necessary duty of the investigator to turn her full attention to analysis and interpretation of the accumulated data. Analysis of data means studying the organized data in order to discover existing fact. The data is also studied to explore the new facts. Analysis requires alert, flexible and open mind. It involves the breaking down the existing complex factor into simple part and putting there simple parts together in new

arrangement for the purpose of the interpretation. The main purpose of the interpretation is to reach for broader meaning of desired answer.

The major objectives of the present study was to assess the relationship of self-esteem and academic achievement of secondary school students with that of their parent involvement. The data for the same were collected through various tools and then analyzed quantitatively the result of which have been given under the following paragraphs.

TABLE 1: Demographic Profile of Adolescent
(N = 60)

S.I. No	Variables	Categories	Percentage
1.	Age of student	16-18	45%
		18-19	55%
	Educational level of Mother	Graduates	80%
		Post- Graduates	20%
	Castes of adolescent	General	34%
		OBC	22%
		SC	14%
		ST	30%
4.	Religion of adolescents	Hindus	52%
		Muslim	36%
		Christians	12%
		Others	0%
	Family Type of adolescent	Nuclear	88%
		Joint	12%
		Extended	0%
	Educational level of adolescent	Graduates	55%
		Post- Graduates	45%

Parenting style perceived by the parents of adolescents:

Figure 1: Percentage of three parenting styles that practiced by adolescents

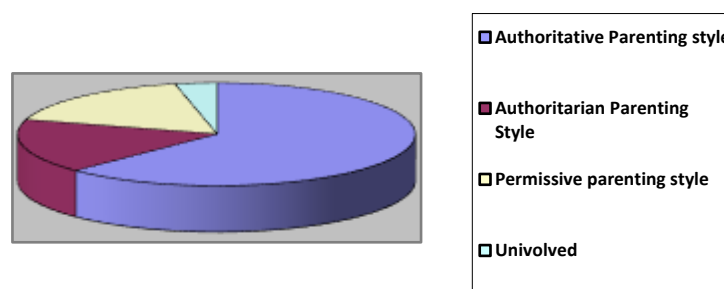


Figure 1 shows four parenting styles which are authoritative, authoritarian and permissive and uninvolved.



percentage showed that authoritative parenting style have the highest percentage which is 55% (n=33) and followed by the authoritarian parenting which is 25% (n=15). Permissive parenting consists of 20% (n=9) followed by uninvolved parenting style which is lowest value 5% (n = 3). As a result, the most practiced parenting style by parents of adolescents in is authoritative parenting style.

Testing of Hypothesis:

Hypothesis 1: There is a significant relationship between parenting style and use of drugs, alcohol or tobacco

Table 1: Relationship between parenting Style and use of drugs, alcohol or tobacco

X ²	Critical Value, CV
2.046	0.261

***p<0.005**

The result of chi-square showed that there is significant positive correlation between parenting style and use of drugs, alcohol or tobacco among adolescents, $X^2 = 2.046$, $p < 0.05$. Since $X^2 > p$ value for parenting style, therefore hypothesis 1 is accepting it means there is a significant relationship between parenting style and use of drugs, alcohol or tobacco. Adolescents who reported that their parents had authoritative parenting styles were also less likely to initiate or increase their rates of smoking. Findings from several studies also indicated that adolescents whose parents had neglectful/ unengaged or authoritarian parenting styles had an increased risk for drinking, smoking, and/or using drugs (Myers et.al 2007). Parental permissiveness or indulgence was also associated with increased adolescent alcohol and tobacco use.

Hypothesis 2: There is a significant relationship between parenting styles and intentional or unintentional injury

Table 2 Realtionship between parenting styles and intentional or unintentional injury

X ²	Critical Value, CV
3.56	0.396

***p<0.005**

The result of chi-square showed that there is significant correlation between parenting styles and intentional or unintentional injury, $X^2 = 3.56$, $p < 0.05$ while critical value, CV= 0.396. Since $X^2 > CV$, therefore hypothesis 2 is accepted. This indicated that the there is a significant relationship between parenting styles and intentional or unintentional injury.

Intentional injury is defined as deliberate harm to self or others, such as homicide, and violence. Notably, the CDC indicated that suicide is a behavior that contributes to violence, placing suicide in the category of intentional injury. Unintentional injury occurs primarily through automobile accidents during the teen years.

An examination of relationships between parenting styles and depression among adolescent found that adolescents who reported that their parents had an authoritative style were least likely to have depressive symptoms, followed by adolescents who had permissive, autocratic, and unengaged parenting.

Those with suicidal ideation perceived mothers and fathers to be significantly more authoritarian, perceived mothers to be significantly more over controlling and perceived the family climate to be significantly more conflictual and less warm.

Adolescents who described their mother as using a permissive parenting style were more likely to demonstrate



a tendency to anticipate a more violent response to the hypothetical situation.

Further, parental styles have a greater influence in the adolescent's sexual attitude and behavior in the early teen years

Hypothesis 3: There is a significant relationship between parenting styles and unhealthy sexual behaviours.

Table 3 relationship between parenting styles and unhealthy sexual behaviours.

X ²	Critical Value, CV
3.256	0.444

p<0.005

The result of chi-square showed that there is significant positive correlation between parenting styles and unhealthy sexual behaviours among adolescent, $X^2 = 3.2566$, $p < 0.05$ while critical value, $CV = 0.444$. Since $r > CV$, therefore hypothesis 3 is accepted. It means there is a significant relationship between parenting styles and unhealthy sexual behaviours.

Those adolescents who were closely supervised by their parents had a lower amount of sexual risk taking than those adolescents who had low amounts of parental monitoring or supervision. Variables of age, gender, and race demonstrated no relationship with sexual risk behavior

The result of the study is consistent with the study conducted by Lookink at (Taris et.al 2009) the relationships between maternal parenting style and adolescent sexual behavior in a sample of 253 British adolescent-mother dyads, parenting style was found to be directly associated with the delay of the first sexual experience for the adolescent.

These findings suggest that parental styles have a greater influence in the adolescent's sexual attitude and behavior in the adolescent.

Hypothesis 4: There is a significant relationship between parenting styles and unhealthy eating practices and physical inactivity.

Table 4 Relationship between parenting styles and unhealthy eating practices and physical inactivity

X ²	Critical Value, CV
6.776	3.841

p<0.005

The result of Chi-Square Test for Independent showed that there is significant relationship between parenting styles and unhealthy eating practices and physical inactivity, $x^2 = 6.776$, s. Hence accept the hypothesis.

Adolescent of authoritative parents would consume an increased amount of fruits and vegetables than those of nonauthoritative parents. The findings demonstrated that there was a relationship between the parental style in the home and the consumption of fruits. Those adolescents from authoritative homes had healthier eating behaviors than those adolescents from indulgent homes.

The result of the study was consistent with the study conducted by Lytle et.al 2010 examined the predictors of fruit and vegetable consumption of adolescents by exploring effects of parental styles and spirituality with a simple of 3878 7th graders who were enrolled in 16 public schools in Minnesota. Greater intake of fruits and vegetables was associated with reports of authoritative parenting style and with reports of spirituality being



an important part in the life of the adolescent.

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