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RESEARCH ARTICLE

DETERMINANTS OF PERCEIVED PARENTING STYLE, PARENT ADOLESCENT RELATIONSHIP AND STRESS RESILIENCE AMONG ADOLESCENTS ATTENDING SELECTED HIGHER SECONDARY SCHOOLS IN ERNAKULAM DISTRICT, KERALA

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Abstract

Significant changes in physical, sexual, cognitive, social, and emotional domains occur during adolescence, which may be both exciting and frustrating for kids and their families. The study's objective was to identify the variables that influence adolescents' opinions on parenting styles, the bond between parents and their kids, and their ability to cope with stress. A cross-sectional study of 131 adolescents from two distinct schools was carried out. The Connor Davidson Resilience Scale, the structured parent-adolescent relationship scale, and the parenting style scale were utilized. Structured questionnaires were used to gather socio-personal information. According to the study's findings, (a) adolescents most frequently viewed authoritative parenting as a parenting style. (b) The parent-adolescent connection between mother and father did not have significant difference. (c) More than three quarters of the subjects (76.30%) had an intermediate level of stress resilience. (d) The parenting style had significant relation with parent adolescent relationship and stress resilience. (e) The paternal parent adolescent relationship showed no significant relationship with stress resilience whereas maternal parent adolescent relationship showed significant relationship with stress resilience. (6) The study also showed that maternal parent adolescent relationship had significant association with age of adolescents, type of school and place of residence whereas paternal parent adolescent relationship had significant association with age of adolescents. (7) It also pointed that stress resilience of adolescents was statistically significant ($p < 0.01$) association with type of family of adolescents.

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Introduction:-

The transitional stage between childhood and maturity is known as adolescence [1]. The process of raising children and providing them with the security and care they require to develop into healthy adults is known as

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parenting. Healthy parent-adolescent relationships are hard to establish and sustain because raising teenagers presents unique obstacles. Adolescents comprise 16% of the global population. Globally, it is estimated that 1 in 7 (14%) of children aged 10 to 19 have mental health problems, the majority of which remain unidentified and untreated.[2]. A good parent-adolescent relationship is established throughout a crucial developmental stage called adolescence. Strong peer pressure makes conflict worse by challenging family values and customs [3]. Few research has been conducted on stress resilience, parent-adolescent relationships, and the four parenting styles leaving a significant gap in the literature. Therefore, it is essential to investigate various parenting philosophies, the relationship between parents and adolescents, and the stress resistance of adolescents in light of the data gaps.[15] In order to ascertain the relationship between perceived parenting style, parent-adolescent relationship, and stress resilience among adolescents, as well as the relationship between these factors and the sociopersonal variables of adolescents, the following goals were set out: to estimate the perceived parenting style, parent-adolescent relationship, and stress resilience among adolescents. The conceptual framework was based on the model of parent-child interaction created by Kathryn E. Barnard (1979).

Methods:-

The study was conducted at selected schools in Ernakulam with 131 adolescents. The inclusion criteria included adolescents of 12-18 years who live with their parents. The exclusion criteria included adolescents who had single parents, whose parents live separately and who do not have genetically determined parents. After obtaining permission from principals of selected schools, written consent was taken from parents of subjects. Assent was also taken from subjects. Ethics clearance was obtained from the Institutional Ethics Committee. Confidentiality and anonymity regarding the personal information of the subjects was maintained using codes. The data analysis was done using EZR software. Normality of the data was assessed using Kolmogorov Smirnov test. Relation of perceived parenting style with parent - adolescent relationships and stress resilience was analysed using one way-ANOVA. To quantify the association between stress resilience and parent-adolescent relationships, Karl Pearson's correlation test was used. The connection between parent-adolescent relationships and stress resilience and sociopersonal characteristics were examined using the chi square or Fisher exact test. The level of significance was considered as $P < 0.05$. Ethics was obtained from the Institutional Ethics Committee.

Results:-

The data interprets that majority of the adolescents were females (51.91%) and half of the adolescents were 1st born (50.38%). More than half of the adolescents were day scholar (94.66%) and Christians (65.65%). Regarding places of residence, more than three quarters of adolescents (79.39%) reside in rural areas. Most of the participants were 15-16 years of age (56.50%) and the majority of adolescents had only one sibling (71.76%). Half of adolescents choose public schools (51.15%), and more than half the quarter of adolescents have nuclear family (61.83%). Most reported parenting style of both father and mother as perceived by adolescents is authoritative parenting style (father - 40.46%, mother - 39.69%). There was no significant difference in the parent adolescent relationship between father and mother. More than three quarters of subjects (76.30 %) had intermediate level of stress resilience and surprisingly it was noted that only one subject reported low stress resilience score (0.80%)

Table 1:- Relationship between perceived parenting style and parent adolescent relationship as per adolescents. (n=131).

Parenting style	Parent adolescent relationship							
	Father		Mother		Father		Mother	
	Mean	SD	Mean	SD	F value	p value	F value	p value
Authoritative	43.56	4.51	43.48	4.18	10.5	15.16	0.001*	0.001*
Authoritarian	40.64	2.78	42.06	3.93				
Neglect	38.59	4.4	37.73	5.1				
Permissive	41.21	4.8	43.46	4.22				

Different parenting methods of both the mother and the father were found to have a statistically significant impact on the parent-adolescent relationship. (p value 0.001)

Table 2:- Relationship between parenting style and stress resilience (n=131).

Parenting style	Stress resilience				F value	Mother	Father	Mother
	Mean	Mother	Father	SD				
Authoritative	68.89	69.63	13.9	12.72	3.48	5.64	0.001*	0.001*
Authoritarian	59.94	62.16	18.09	15.4				
Neglect	65.71	67.92	11.76	6.87				
Permissive	60.38	58.43	14.35	16.32				

It concluded that parenting style have statistically significant difference with stress resilience of adolescents (p value 0.001).

Table 3:- Relationship between parent - adolescent relationship and stress resilience(n=131).

Variables	Karl Pearson Coefficient Correlation (r)	p value
Paternal Parent adolescent relationship Stress resilience	0.15	0.07
Maternal Parent adolescent relationship Stress resilience	0.24	0.001*

The paternal parent adolescent relationship doesn't have not statistically significant correlation with stress resilience of adolescents whereas maternal parent adolescent relationship has statistically significant weak positive correlation with stress resilience of adolescents.

There is a significant association between the age of adolescents and paternal parent adolescent relationship while no significant association with other socio personal variables whereas maternal parent adolescent relationship had significant association with the age of adolescents, type of school and place of residence. There is a significant association between subjects' type of family and stress resilience of adolescents.

Discussion:-

The commonly reported parenting style of both father and mother as perceived by adolescents was authoritative parenting style. More than three quarters of subjects (76.30 %) had intermediate level of stress resilience and the mean score of stress resilience score of adolescents was $64.34 \pm 14.88\%$.

A study conducted by Kuppen et al in Netherlands 2018 showed favourable outcomes were linked to authoritative parents who exhibited good behaviour, while the least favourable outcomes related to authoritarian parents. [4] Also, study conducted in New York suggest that authoritative parenting styles are frequently linked to greater levels of student achievement.[5] A similar study found that for European Americans, authoritative parenting produced the best results for their children [7]. In Indian context, majority of participants had good or very good relationship with their parents' [8]. Another study showed few adolescents had higher levels of resilience whereas the majority had moderate level of resilience [11]. A contradictory study found that permissive parenting style was the most protective parenting style for child to parent violence [10].

There was statistically significant relationship between parent adolescent relationship and stress resilience with different parenting styles of both father and mother.

There was no significant relationship between paternal parent adolescent relationship and stress resilience, whereas there was weak positive correlation between maternal parent adolescent relationship and stress resilience ($r=0.24$, $p=0.001$).

According to an Indian study, parent-child relationships and authoritative/flexible parenting styles were positively correlated, while authoritarian parenting styles and parent-child relationships were negatively correlated. [12] In China, Li Mengge et al. discovered that higher levels of parent-adolescent cohesion were linked to authoritative parenting [6]. In 2021, Roy Satyarata et al. discovered that adolescents' self-esteem levels were positively impacted by authoritative parenting, while authoritarian parenting was linked to lower self-esteem levels.[7]. In February 2023 study on stress resilience and parent-adolescent relationships, Monika Monika et al. discovered that adolescents of non-working mothers had greater psychological well-being than adolescents of working mothers.[9]

The paternal parent adolescent relationship had significant association with age of the adolescents. The maternal parent adolescent relationship had significant association with age of the adolescents, type of school and place of residence. The stress resilience had a significant association with type of family of adolescents.

A study of adolescent and home environment showed that family and home environment played a significant role in parenting style and causative family relationships [13]. According to a fathering study, older fathers and fathers who live with their kids are more active with them. [14].

According to the results of the current study, staff nurses can use parenting style and parent-adolescent relationship assessments to pinpoint stressors and create tailored interventions to support adolescent stress resilience in nursing services; they can raise awareness and comprehension of different parenting philosophies, parent-adolescent relationships, and stress resilience among parents and adolescents admitted to hospitals; and they can offer family members support and direction to help the community and encourage them to set realistic limits for adolescence, develop nursing curricula that incorporate lessons on parenting styles, and parent adolescent relationship, resilience can be included in the nursing curriculum, programmes to improve resilience can be offered, the connection between resilience and holistic health can be examined, and resilience's impact on global health crises can be investigated, nursing curricula should impart adolescents that can help them become socially responsible and self-disciplined, nurse administrators can create awareness of the choice of parenting style has significant impact on the adolescent's stress resilience, nurse administrators can emphasize a positive parent adolescent relationship which fosters resilience and supports adolescents through challenges, enhancing stress resilience techniques for empowering adolescents, nursing researchers can promote parenting practices based on evidence-based research, tools developed in this study can be used in clinical settings to assess parent adolescent relationship, nursing researchers can develop education and training programs for parents and health care professionals. The limitation of the study was that group administration of the tool may have influenced the data and there is no overall score for parenting style. Recommendations for further studies is the influence of school environment and peer relationships and stress on adolescents and similar study can be conducted with interventions like counselling to parents and adolescents based on findings.

Conclusion:-

The majority of adolescents view authoritative parenting as when parents are supportive, caring, and responsive but also set clear boundaries for their kids. Adolescents' development of stress resilience is greatly aided by mothers. The relationship between parents and adolescents, as well as the stress resistance of adolescents, are linked to the parenting styles of both parents. The study also found that the type of family the adolescents have influence their stress resilience. The age of adolescents also determines the parent - adolescent relationship. The type of school and place of residence has an association with maternal parent adolescent relationship. The stronger the bond between adolescents and parents, the greater is the stress resilience of adolescence and thus making up socially responsible, professionally developed and mature adults.

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