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Perceived parenting and mental health among adolescents

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ABSTRACT

The present study was undertaken to observe the correlation between parenting and mental health. The present study was an observational study. 50 males and 50 females belonging to age group of 14 to 18 who have been raised by both parents were included in the present study by the convenience sampling method. The Parenting Scale and The Mental Health Battery were used in this study. The results of the study showed that the relationship between perceived parenting and mental health among adolescents was not significant, suggesting that there is not much of a relationship that exists between the two variables. We recommend that further study needs to be done with a higher sample size and also demographic variables such as age, socioeconomic status and gender differences should be taken into consideration.

Key words: Perceived parenting, mental health.

INTRODUCTION

The foundation for the growth of personality is said to lie in the hands of the family that refers to a group related through blood or marriage constituted by a man, a woman and their socially recognized children in its nuclear and primary form.[1] The relationship between the parents and the child happens to be a central factor in the social uplift of the individual. Parents are made to create a congenial, lucid, happy democratic, and warm atmosphere where a child can blossom his own unseen potentialities and may also develop social interactional skill.[2,3] The importance of early life experiences on the child's behavior and attitudes have been stressed by various psychoanalysts. It was reported that the parents attitude towards the child is an important factor that regulates how well the child will adjust away from the home and towards life overall.[4] Parenting can be referred to as a privilege or responsibility of the mother and the father, who together or independently prepare the child for society and culture which delivers ample occasions for a child to discover their roots and have a sense of continuousness and belonging and along with this parenting also helps as an effective agent of socialization for the children which makes them well equipped to face with the various dealings and relations in the future. Mental health is a powerful determinant of one's unified personality and balanced behavior recognized on the basis of the level of his/her adjustment to own self, others and environment. The acquisition of such personality is certainly important for a normal individual. Only then, an individual can be able to actualise him/her, live his/her life to his/her fulfillment in the perfect tune of conversation and giving something to the society. The idea of mental health is a well-studied one and in the recent years clinical psychologists as well as educationists have started giving appropriate attention to the study of mental health. Mental health has a enormous impact on

each aspect of life. The present study was undertaken to observe the correlation between parenting and mental health.

MATERIALS AND METHODS

The study was approved by Institutional Ethics Committee. A written, informed consent was obtained from all the participants. The study was performed in accordance with the "Ethical Guidelines for Biomedical Research on Human Participants, 2006" by the Indian Council of Medical Research and the Declaration of Helsinki, 2008.

STUDY DESIGN

The present study was an observational study.

PARTICIPANTS, INCLUSION AND EXCLUSION CRITERIA

50 males and 50 females belonging to age group of 14 to 18 who have been raised by both parents were included in the present study by the convenience sampling method. Participants who have mental disorders, whose parents are divorced or separated or stay in single parent families, who reside with their relatives alone were excluded from the study.

METHODS

1. Parenting Scale [3]
2. Mental Health Battery[7]

STATISTICAL ANALYSIS

Data was analyzed by using SPSS 20.0. Statistical tests applied are Spearman's Brown Correlation technique.

RESULTS

Results are presented in Table no: 1 and 2. Correlation between the domains of perceived parenting and mental health among adolescents was not significant. Domain of moralism has the highest mean indicating that morals and values hold a lot of importance while bringing up a child.

TABLE 1
TABLE THE NORMALITY

Variables	Statistic	Df	Sig
Acceptance	.910	50	.001
Carelessness	.839	50	.000
Moralism	.928	50	.004
Realism	.965	50	.147
Discipline	.796	50	.000
Realistic Role Expectation	.812	50	.000
Indulgence	.812	50	.000
Mental Health	.965	50	.558

TABLE 2
TABLE SHOWING DESCRIPTIVE STATISTICS AND CORRELATION VALUES

Variables	M	SD	1	2	3	4	5	6	7	8
ACPT(1)	98.42	15.37	--							
CARLSN(2)	92.42	23.17	.474**	--						
MRLSM(3)	120.62	20.47	.224	.097	--					
RELSM(4)	79.54	23.75	.160	.077	.036	--				
DISPLN(5)	94.12	22.69	.204	.132	.258	-0.20	--			
RRE(6)	74.26	23.30	.195	.273	.422	.126	.227	--		
INDLG(7)	84.54	23.68	.063	.475**	.259	.117	.355	.242	--	
MH(8)	74.68	5.70	.131	.-076	.097	.026	007	.229	.155	--

***Correlation is significant at the 0.01 level (2 tailed)**

DISCUSSION

It was reported that parental acceptance was found to be positively correlated with adjustment, adolescent helpfulness, sports achievement, self-concept, curiosity, cognitive competence and achievement of both boys and girls and emotional competencies like adequate expression and control of emotions, ability to function with emotions, ability to function with problem emotions and encouragement of positive emotions. [8, 9] However in the present study no significant relationship was observed between perceived acceptance and mental health. It was reported that parental carelessness may grow the feeling of unwantedness and may result in chemical dependence which leads to a lower mental health when compared to other individuals who are not subjected to this form of parenting.[3] However in the present study no significant relationship was observed between perceived carelessness and mental health. It was reported that emotional competence was found to be greater in those early adolescents who perceive their mothering and fathering as imbued with moralism than that of lenient standards.[10] However in the present study no significant relationship was observed between perceived moralism and mental health. It was reported that parents who had utopian expectations from their children rather than realistic expectation lead to decrease in mental health of their children. [10] However in the present study no significant relationship was observed between perceived realism and mental health. The most important difference between the situation of delinquent and non-delinquent children was in home discipline.[11] Faulty discipline such as over permissiveness in terms of total freedom leads to the developing of rebelliousness.[2] Total freedom was positively correlated with adequate expression and control of emotion in boys, ability to functions with emotions and ability to cope with problems emotions in male adolescents. High restrictions in terms of severe discipline have seen to demote achievement. Chemical dependents also perceive their mothering with full of severe discipline as against total freedom perceived by non-dependents. However in the present study no significant relationship was observed between perceived discipline and mental health. It was reported that that faulty parenting in terms of faulty role expectation leads to fear, anxiety, shyness and submission[12] and affects achievement in sports.[9] Emotional competence was found to be greater in those early adolescents who perceive their mothering and fathering as associated with realistic expectation than that of faulty role expectations.[10] . However in the present study no significant relationship was observed between perceived realistic role expectation and mental health among adolescents. Perceived fathering of chemical dependents was found to be associated with greater negligence.[3] Emotional competence was found to be greater in those early adolescents who perceive their fathering as imbued with indulgence in general.[10] Delinquents reported their mother to be more neglecting than non-delinquents[13] proving that there is a link between these two variables. However in the present study no significant relationship was observed between perceived realistic role expectation and mental health.

LIMITATIONS

The limited sample size and socio-economic status not being taken into account in the present study.

CONCLUSION

The correlation between perceived parenting and mental health among adolescents was not significant. We recommend further study with higher sample size where demographic variables such as age, socioeconomic status and gender differences should be correlated with the findings.

CONFLICTS OF INTEREST

Nil

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