

Original Article



Effects of Perceived Parenting on Adolescent Psychological Well-being

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Abstract

Background: Parenting has become increasingly important in the contemporary world, with an emphasis on many aspects and forms of parenting. It has a direct impact on the child's physical as well as psychological well-being and development.

Objective: To determine the effects of perceived parenting on psychological well-being of late adolescents at Police Lines School and College, Rangpur, Bangladesh.

Materials and Methods: A cross-sectional study was directed to determine the effects of perceived parenting on psychological well-being of late adolescents at Police Lines School and College, Rangpur, Bangladesh. The semi-structured questionnaire was constructed to measure the psychological well-being of adolescents by 'Ryff Scales of Psychological Well-Being'.

Results: The mean age of the participant was 17.7 ± 0.6 years and about two-thirds of them were from the age group ≥ 18 years (61.1%). Regarding the psychological well-being of adolescents, the mean scores of autonomy were 3.6 ± 0.7 , environmental mastery was 4.1 ± 0.9 , personal growth was 4.6 ± 0.6 , a positive relationship was 4.1 ± 0.8 , purpose in life was 4.5 ± 1.0 and self-acceptance was 4.1 ± 0.8 . Most of the adolescents slightly agree on autonomy (49.1%), environmental mastery (43.4%), positive relationship (51.4%), self-acceptance (50.9%) and average agrees on personal growth (55.7%), purpose in life (40.6%). The mean of PWB scores was 4.2 ± 0.5 . Two-thirds of the participants (67.1%) slightly agreed about the psychological well-being of the adolescents and only 6.3% slightly disagreed. The level of psychological well-being of adolescents was statistically significant with autonomy, environmental mastery, personal growth, positive relationship, purpose in life, and self-acceptance ($p < 0.05$).

Conclusion: The study found that the more intense the perceived parenting, the lower the psychological well-being. Parenting awareness and counseling programs can support parents in improving their parenting style.

Key words: Psychological well-being, parenting style, adolescents, Bangladesh.

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Introduction

Adolescence is a stage in human development. Significant physical and psychological changes occur in humans during this period and last a lifetime. During this stage of life, values and abilities are formed that have a significant impact on well-being.¹⁻⁴ In Bangladesh, about 36 million are adolescents which entails more than one-fourth of the total population.⁵ As a consequence, it is critical to provide a safe environment for their physical and psychological well-being.^{1,5}

Parenting is the most important role in a child's life when they are transitioning from childhood to adulthood. Parents, regard

less of gender, are most concerned about their children's well-being.^{6,7} It has an important role in the development of a child's character.⁸ Every parenting style that parents choose elicits distinct behaviors and responses in their children. Different parenting styles have an impact on the psychological, emotional, social, relational, and interpersonal development of their children.⁹ There are four sorts of parenting styles: authoritative, authoritarian, permissive, and neglectful.¹⁰ The authoritative parenting style combines control, warmth, and autonomy. Authoritarian parenting is characterized by rigorous discipline, punitive manner, and providing children with restrictive and strict directions to push them to follow the set regulations.

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Permissive parenting is distinguished by a lack of control, a high level of warmth, and a willingness to let children make their own decisions. Neglectful parenting involves minimal attentiveness and little communication, as well as rejection and neglect of their children.¹¹

Parental engagement is beneficial to both the development and well-being of the child. In recent decades, there has been an increase in parental participation.¹² Over involvement of parents has a negative impact on the child's development.¹³ It makes them more reliant and unable to make decisions. It is also associated with narcissism, lower academic achievement, progressively worse self-efficacy, lower coping skills, neuroticism, and a greater sense of entitlement.^{14,15}

Psychological well-being merely focuses on six dimensions: autonomy, positive relations with others, environmental mastery, personal growth, purpose in life, and self-acceptance.¹⁶ Autonomy, or the ability to stand alone in the face of adversity as a self-determining, authoritative individual, is another crucial quality of the mature individual, who also has a higher internal locus of control. Environmental mastery refers to an individual's ability to successfully participate in his or her environment, whereas purpose in life is the notion of having goals and a sense of guidance. Personal growth is concerned with an individual's impression of his or her potential to continue growing throughout life. Positive relationships, defined as an individual's development of functional interactions, are essential for well-being and are congruent with a mature individual. Purpose in life is the idea of having goals and a sense of direction. Finally, self-acceptance is a vital aspect of development, mental health, and self-actualization because it gauges one's acceptance of the past while recognizing limitations and deficiencies.¹⁶⁻¹⁹ The aim of this study is to explore the effects of parenting on psychological well-being in late adolescents.

Materials and Methods

This is a cross-sectional study commenced to determine the effects of perceived parenting on psychological well-being of late adolescents studying in a purposively selected college named Police Lines School and College situated in Rangpur 5400, Bangladesh.

Participants were conveniently selected from 350 adolescents studying in the selected college, ages ranging from 17-19 years, and who had at least one living parent. Married adolescent was excluded from this study.

Based on the participant's convenience, the study adolescents were interviewed by a pretested semi-structured questionnaire through the face-to-face interviews from January 2019 to December 2019. The questionnaire was constructed by 'Ryff Scales of Psychological Well-Being' (PWBS). It constitutes of 31 items and divided into six subscales: autonomy, positive relations with others, environmental mastery, personal growth, purpose in life, and self-acceptance. Each respondent's item

scores are summed and divided by the number of items constituting the scale. This computation returns scale scores to the same metric as each item and higher scores represent higher adolescents' higher levels of well-being.

The data were checked and cleaned followed by making a template, categorizing data, coding, and recoding into IBM SPSS v25. Descriptive statistics such as mean, standard deviation, and percent were computed for continuous variables of the participants. Chi-square and Fisher's exact test was used to assess the significance of associations between two nominal variables. To compare the mean of continuous variables in two groups independent sample 't' test was done. A p-value of <0.05 at a 95% confidence interval was taken as significant and the results were presented in tables.

Informed written consent and assent were obtained from each participant. Confidentiality of data was ensured and unauthorized access to data was not allowed. Ethical approval was obtained from the Institutional Review Board (IRB) of the National Institute of Preventive and Social Medicine (NIPSOM), Dhaka 1212, Bangladesh. (Reference: NIPSOM/IRB/2019/111)

Results

Table I depicts the socio-demographic profiles of the adolescents. The mean age of the participant was 17.7 ± 0.6 years and about two-thirds of them were from the age group ≥ 18 years (61.1%). The majority of the adolescents were female (55.4%). More than half of the adolescents (52.6%) currently residing at home, 37.1% resided in the hostel and the rest of them (10.3%) resided in different places such as relative's houses, mess etc. The majority of the participants came from the nuclear family (86.9%) and only a few of the adolescent's parent was not staying together (3.7%). Regarding educational level, two-thirds of adolescents fathers (66.6%) completed their graduation and above level, but more than half of the mothers (54.6%) did not completed their graduation. Regarding occupational state, most of the fathers were service holders (40.3%) and mothers were homemakers (72.6%). The mean of the parent's monthly family income was $32,651.2 \pm 9,280.8$ taka.

Table II denotes the psychological well-being of adolescents. The mean scores of autonomy were 3.6 ± 0.7 , environmental mastery was 4.1 ± 0.9 , personal growth was 4.6 ± 0.6 , a positive relationship was 4.1 ± 0.8 , purpose in life was 4.5 ± 1.0 and self-acceptance was 4.1 ± 0.8 . Most of the adolescents slightly agree on autonomy (49.1%), environmental mastery (43.4%), positive relationship (51.4%), self-acceptance (50.9%) and average agrees on personal growth (55.7%), purpose in life (40.6%).

Table III demonstrates that two-thirds of the participants (67.1%) slightly agreed about the psychological well-being of the adolescents and only 6.3% slightly disagreed. The mean of PWB scores was 4.2 ± 0.5 .

Table IV interprets the association of socio-demographic factors with the level of PWB in adolescents. There was no significant association found between socio-demographic factors and the level of PWB (p.0.05).

Table I: Socio-demographic profiles of the adolescents (n=350)

Factors		Frequency (n)	Percent (%)
Age groups (years)	<18	136	38.9
	≥18	214	61.1
	Mean±SD		17.7±0.6
Gender	Male	156	44.6
	Female	194	55.4
Adolescent's current residence	Home	184	52.6
	Hostel	130	37.1
	Others	36	10.3
Type of family	Nuclear	304	86.9
	Joint	46	13.1
Father's education	Graduation and above	233	66.6
	HSC and below	117	33.4
Mother's education	Graduation and above	159	45.4
	HSC and below	191	54.6
Father's occupation	Service holder	141	40.3
	Businessman	89	25.4
	Teacher	99	28.3
	Farmer	10	2.9
	Others	11	3.1
Mother's occupation	Homemaker	254	72.6
	Working mother	96	27.4
Parent's current relationship status	Lives together	337	96.3
	Lives separate	13	3.7
Number of siblings	1	45	12.9

Table IV interprets the association of PWB components with the level of PWB of adolescents. The level of PWB was statistically significant with autonomy (p=0.001), environmental mastery (p=0.000), personal growth (p=0.000), positive relationship (p=0.000), purpose in life (p=0.000), and self-acceptance (p=0.000).

Table II: Psychological well-being of the adolescents (n=350)

Components		Frequency (n)	Percent (%)
Autonomy	Averagely disagree	14	4.0
	Slightly disagree	127	36.3
	Slightly agree	172	49.1
	Averagely agree	35	10.0
	Highly agree	2	0.6
	Mean±SD		3.6±0.7
Environmental mastery	Highly disagree	1	0.3
	Averagely disagree	9	2.6
	Slightly disagree	70	20.0
	Slightly agree	152	43.4
	Averagely agree	103	29.4
	Highly agree	15	4.3
Mean±SD		4.1±0.9	
Personal growth	Averagely disagree	1	0.3
	Slightly disagree	13	3.7
	Slightly agree	129	36.9
	Averagely agree	195	55.7
	Highly agree	12	3.4
	Mean±SD		4.6±0.6
Positive relationship	Highly disagree	1	0.3
	Averagely disagree	9	2.6
	Slightly disagree	51	14.6
	Slightly agree	180	51.4
	Averagely agree	101	28.9
	Highly agree	8	2.3
Mean±SD		4.1±0.8	
Purpose in life	Highly disagree	1	0.3
	Averagely disagree	12	3.4
	Slightly disagree	30	8.6
	Slightly agree	120	34.3
	Averagely agree	142	40.6
	Highly agree	45	12.9
Mean±SD		4.5±1.0	
Self-acceptance	Highly disagree	1	0.3
	Averagely disagree	11	3.1
	Slightly disagree	55	15.7

Table III: Level and scores of PWB of the adolescents (n=350)

		Frequency (n)	Percent (%)
Level of PWB	Slightly disagree	22	6.3
	Slightly agree	235	67.1
	Averagely agree	93	26.6
	Mean±SD		4.2±0.5

Table IV: Association of socio-demographic factors with level of PWB

Factors	Level of PWB				χ ² value	p-value
	Slightly disagree	Slightly agree	Averagely agree	Total		
	n(%)	n(%)	n(%)	n(%)		
Age groups (years)						
17	4(2.9)	89(65.4)	43(31.6)	136(100)	7.655	0.105
18	14(7.6)	127(69.0)	43(23.4)	184(100)		
19	4(13.3)	19(63.3)	7(23.3)	30(100)		
Gender						
Male	10(6.4)	112(71.8)	34(21.8)	156(100)	3.331	0.189
Female	12(6.2)	123(63.4)	59(30.4)	194(100)		
Father's education						
Graduation & above	13(5.6)	152(65.2)	68(29.2)	233 (100)	2.700	0.256
HSC & below	9(7.7)	83(70.9)	25(21.4)	117 (100)		
Mother's education						
Graduation & above	10(6.3)	103(64.8)	46(28.9)	159(100)	0.853	0.653
HSC & below	12(6.3)	132(69.1)	47(24.6)	191(100)		
Father's occupation						
Service holder	12(8.5)	93(66.0)	36(25.5)	141 (100)	†11.794	0.123
Businessman	5(5.6)	57(64.0)	27(30.3)	89 (100)		
Teacher	3(3.0)	70(70.7)	26(26.3)	99 (100)		
Farmer	0(0.0)	10(100)	0(0.0)	10 (100)		
Others	2(18.2)	5(45.5)	4(36.4)	11 (100)		
Mother's occupation						
Homemaker	20(7.9)	169(66.5)	65(25.6)	254 (100)	4.103	0.129
Working mother	2(2.1)	66(68.8)	28(29.2)	96 (100)		
Type of family						

†Fisher exact test done, *Statistically significant value

Table V: Association of PWB components with level of PWB

Components	Level of PWB				χ^2 value	p-value
	Slightly disagree	Slightly agree	Average on agree	Total		
	n(%)	n(%)	n(%)	n(%)		
Autonomy						
Averagely disagree	3(21.4)	10(71.4)	1(7.1)	14 (100)	†25.961	*0.001
Slightly disagree	8(6.3)	93(73.2)	26(20.5)	127(100)		
Slightly agree	11(6.4)	116(67.4)	45(26.2)	172(100)		
Averagely agree	0(0.0)	16(45.7)	19(54.3)	35(100)		
Highly agree	0(0.0)	0(0.0)	2(100)	2(100)		
Environmental mastery						
Highly disagree	1(100)	0(0.0)	0(0.0)	1(100)	†176.354	*0.000
Averagely disagree	5(55.6)	4(44.4)	0(0.0)	9(100)		
Slightly disagree	15(21.4)	52(74.3)	3(4.3)	70(100)		
Slightly agree	1(0.7)	135(88.8)	16(10.5)	152(100)		
Averagely agree	0(0.0)	43(41.7)	60(58.3)	103(100)		
Highly agree	0(0.0)	1(6.7)	14(93.3)	15(100)		
Personal growth						
Averagely disagree	1(100)	0(0.0)	0(0.0)	1(100)	†48.393	*0.000
Slightly disagree	2(15.4)	8(61.5)	3(23.1)	13(100)		
Slightly agree	16(12.4)	97(75.2)	16(12.4)	129(100)		
Averagely agree	3(1.5)	126(64.6)	66(33.8)	195(100)		
Highly agree	0(0.0)	4(33.3)	8(66.7)	12(100)		
Positive relationship						
Highly disagree	1(100)	0(0.0)	0(0.0)	1(100)	†106.716	*0.000
Averagely disagree	3(33.3)	6(66.7)	0(0.0)	9(100)		
Slightly disagree	15(29.4)	34(66.7)	2(3.9)	51(100)		

†Fisher exact test done, *Statistically significant value

Discussion

The mean age of the participant was 17.7 ± 0.6 years and about two-thirds of them were from the age group ≥ 18 years (61.1%). The majority of the adolescents were female (55.4%). These findings were similar to the study.²⁰ More than half of the adolescents (52.6%) currently residing at home, 37.1% resided in the hostel and the rest of them (10.3%) resided in different places such as relative's houses, messes etc. The majority of the participants came from the nuclear family (86.9%) and only a few of the adolescent's parent was not staying together (3.7%). Regarding educational level, two-thirds of adolescents fathers (66.6%) completed their graduation and above level, but more than half of the mothers (54.6%) were not completed their graduation. Regarding occupational state, most of the fathers were service holders (40.3%) and mothers were homemakers (72.6%). The mean of the parent's monthly family income was $32,651.2 \pm 9,280.8$ taka. These findings were almost similar to the studies on adolescents.^{21,22}

The mean scores of autonomy were 3.6 ± 0.7 , environmental mastery was 4.1 ± 0.9 , personal growth was 4.6 ± 0.6 , a positive relationship was 4.1 ± 0.8 , purpose in life was 4.5 ± 1.0 and self-acceptance was 4.1 ± 0.8 . Most of the adolescents slightly agree on autonomy (49.1%), environmental mastery (43.4%), positive relationship (51.4%), self-acceptance (50.9%) and average agrees on personal growth (55.7%), purpose in life (40.6%). The mean scores of the components of psychological well-being were nearly similar to the studies.^{22,23}

Regarding the level of psychological well-being of the adolescents, two-thirds of the participants (67.1%) slightly agreed about the psychological well-being of the adolescents and only 6.3% slightly disagreed. The mean of PWB scores was 4.2 ± 0.5 . There was no significant association found between socio-demographic factors and the level of PWB. Our study's findings were not comparable to those of other studies, which could be attributed to differences in study subjects and socio-cultural system.²⁴ Present study revealed that the level of PWB was statistically significant with autonomy, environmental mastery, personal growth, positive relationship, purpose in life, and self-acceptance ($p < 0.05$). Levels of psychological well-being of the adolescents were associated with the components of psychological well-being.^{22,23}

Conclusion

Overprotective parenting tends to be positive for parents and others on the outside, but it has resulted in a variety of negative behaviors and psychological disorders in adolescents. Because of the continual change in family and world trends, several things such as media and the internet have a significant impact on parenting styles. The current situation shows that parenting style influences practically every aspect of adolescent life style. This study will assist concerned individuals in understanding the presence of parenting and its impact on the psychology of adolescents, as well as in planning indispensable endeavors to improve the parenting style and psychological condition of children.

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