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## **Parental Approach and Adolescent Psychological Well-Being: The Interplay Between mental health, relationship orientation and system maintenance**

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### **Abstract**

Based on these assumptions, we explored homotypic and heterotypic relationships between psychopathology in parents and their children through parenting behaviors, including internalizing and externalizing psychopathology. Parenting styles, psychopathology, and child mental health are linked. This relationship considerably impacts results. The complex relationship between parents' behaviors, mental health, and children's mental health has been extensively explored. In the past decade, research on parental psychopathology and children's mental health has evolved. Research and quantitative and qualitative analysis can be used in design. This study demonstrated that parenting and environment affect children's mental health. Parents' self-image and parenting techniques effect kids' mental health. Performance doesn't change with personal development. Family promotes emotional growth and intelligence. Statistics show pupils consider the most common parenting style as dictatorial.

**Keywords:** *Family functioning, Parenting behaviours, mental health, parenting styles, childhood, adolescence, parent psychopathology.*

### **Introduction**

Both the mind and the body undergo tremendous changes during adolescence. Adolescents can suffer from a range of mental health issues, including crises, when their growth is obstructed (Baumrind, 1991). Adolescents suffer from a disproportionate share of the world's diseases, and poor mental health is the top cause of disability among this age group. Adolescent mental illness is associated with an increased likelihood of engaging in risky sexual activities, self-harm, substance abuse, and violent acts. One of the most influential elements on adolescents' mental health is the family element, namely the parenting style (Newman et al., 2008). Research has demonstrated that parenting styles influence the



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mental health of teenagers and also shape their personality and other psychological traits over time (Huang et al., 2010). This is why research on the impact of parenting styles on adolescents' psychological well-being is so important. To better understand how to prevent and treat mental health issues in adolescents, this study zeroed down on the ways in which psychological rigidity and low self-esteem impact the connection between parenting styles and mental health in this age group.

### **Parenting Style and Mental Health**

The term "parenting style" refers to a parent's explicit beliefs and practices regarding their kid, which in turn shape the emotional environment in which the parent acts. The stability, harmony, and overall health of the family unit significantly impact children's psychological and emotional development, according to family systems theory. One vital component of the family unit is the bond between parents and children.

According to Bowen and Kerr (2009), a child's mental health is significantly impacted by the way their parents interact with various family functions. These two hypotheses have been backed by meta-analyses and cross-cultural comparisons (Rohner et al., 2019, 2020). Research on the effects of parenting styles on adolescents' mental health has been abundant in theory and practice, but the interplay between protective and risk factors has received less attention. According to earlier research, parenting styles are strongly associated with psychological rigidity and confidence levels. In particular, research has demonstrated that positive self-esteem is associated with better mental health (Moksnes and Reidunsdatter, 2019), but negative psychological flexibility is associated with worse mental health. Because of this, we postulated that both of these factors moderate the connection between parenting style and adolescents' psychological well-being.

### **Objectives**

- To study the relationship between the parental methods on child's mental health as an adolescent.
- To study impact of parental techniques on relationship orientation and system maintenance.

### **Methodology**

#### **Research design**

Specifically, the purpose of this study was to investigate the influence that parenting styles have on the psychological health of children. In this particular study, the mental health of the participants served as the dependent variable, while the parenting styles and the family environment served as the independent



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variables. The descriptive design was utilized in this project.

- **Participants:**For the purpose of this inquiry, the population consists of both children and their parents. A straightforward random sampling approach was utilized.
- **Sampling method:** A method known as stratified random sampling was utilized by the researchers in order to select the appropriate subjects. The procedure of participant identification and sample selection was carried out using a four-tiered approach.
- **Sample size:** total parents interviewed were 203 and 24 children.
- **Tools of Data Collection:** An interview schedule was prepared for the respondents with an in-depth analysis of each objective, looking at it from both a quantitative and qualitative point of view.

### Measures

For the purpose of this investigation, the following instruments were utilized:

- a. Perceived parenting scale
- b. Mental wellbeing scale
- c. Family environment scale
- d. Demographic data sheet.

### Data Analysis

The statistical significance of the selected variables was evaluated using Pearson's chi-square test with a significance level of 0.05. This was done in light of the fact that the majority of the data consisted of categorical variables

For the purpose of this investigation, the statistical software known as SPSS Version-20 was utilized.

By analyzing the influence of two unique categorical independent variables on a single continuous dependent variable, the two-way analysis of variance (ANOVA) is a statistical approach that extends upon the one-way ANOVA.

### Results and Discussions

Results show a high link between mental health and family environment features including relationship orientation ( $F = 4.350$ ). The interaction between relationship orientation and parenting style on mental health was significant ( $F = 3.011$ ). A statistically significant F-value of 6.082 shows that parenting style affects positive functioning. The study found no relationship orientation influence on positive functioning ( $F=.553$ ). Parenting style and relational orientation did not interact substantially ( $F=1.098$ ) for positive functioning.



The results show a substantial link between emotional intelligence and family connection orientation (F = 16.988). A significant interaction effect between relationship orientation and parenting style on emotional intelligence (F = 7.132). Parenting style significantly affects social IQ (F=51.22).This study found no significant relationship orientation effect on sociability (F=.614).Parenting style and relationship orientation interact to affect social IQ with a statistically significant F-value of 3.328.

Variable	Main effect						Interaction effect		
	Parenting style			Relationship Orientation					
	Sum of squares	Mean squares	F	Sum of squares	Mean squares	F	Sum of squares	Mean squares	F
Mental health	6437.15	3218.57	35.81**	781.89	390.946	4.35**	1082.323	270.581	3.011**
Positive functioning	321.85	160.925	6.082**	29.265	14.632	.553	116.206	29.051	1.098
Emotional intelligence	870.588	435.294	29.968**	493.501	246.751	16.988**	414.365	103.591	7.132**
Social intelligence	1109.884	524.942	51.220**	13.295	6.647	.614	144.244	36.061	3.328*

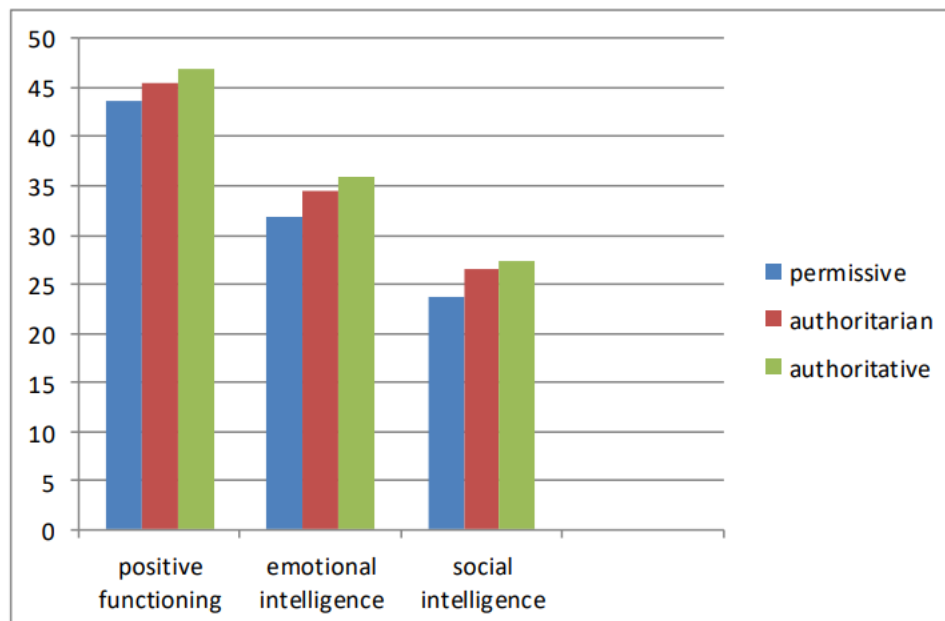
Table 1: parenting style x relationship orientation

System maintenance—family environment dimensions—did not affect mental health (F =.747). It was found that parenting style and system maintenance interact to affect mental health (F = 3.759). A statistically significant F-value of 20.324 shows that parenting style affects positive functioning.The non-significant F-value of.722 shows that system maintenance has little effect on positive functioning.Positive functioning is strongly influenced by parenting style and system maintenance (F=5.066).

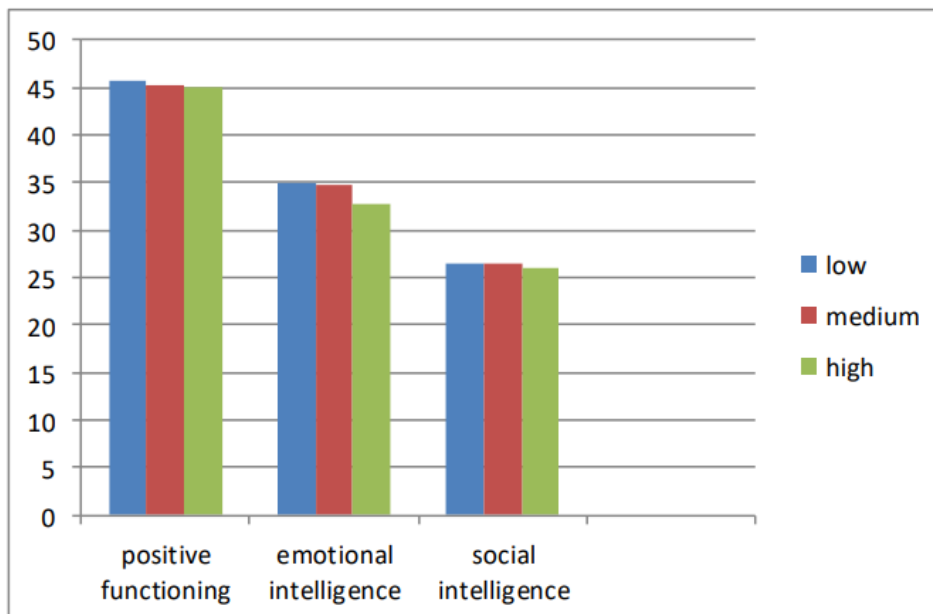
System maintenance, particularly family environment characteristics, affects emotional intelligence (F = 5.275). Interaction between parenting style and system maintenance on emotional intelligence is also significant (F = 3.169). Parenting style greatly affects social intelligence (56.353).System maintenance does not significantly affect social intelligence (F=2.970).There was no significant interaction between parenting style and system maintenance on social intelligence (F=2.562).

Variables	Main effect						Interaction effect		
	Parenting style			System Maintenance			Sum of squares	Mean squares	F
	Sum of squares	Mean squares	F	Sum of squares	Mean squares	F			
<b>Mental health</b>	9928.428	4964.214	55.354**	133.929	66.964	.747	1348.584	337.146	3.759*
<b>Positive functioning</b>	1059.877	529.939	20.324**	37.663	18.831	.722	528.412	132.103	5.066**
<b>Emotional intelligence</b>	1177.648	588.824	39.468**	157.407	78.704	5.275*	189.105	47.276	3.169*
<b>Social intelligence</b>	1219.268	609.634	56.353**	64.262	32.131	2.970	110.873	27.718	2.562

**Table 2: Parenting style and system maintenance**

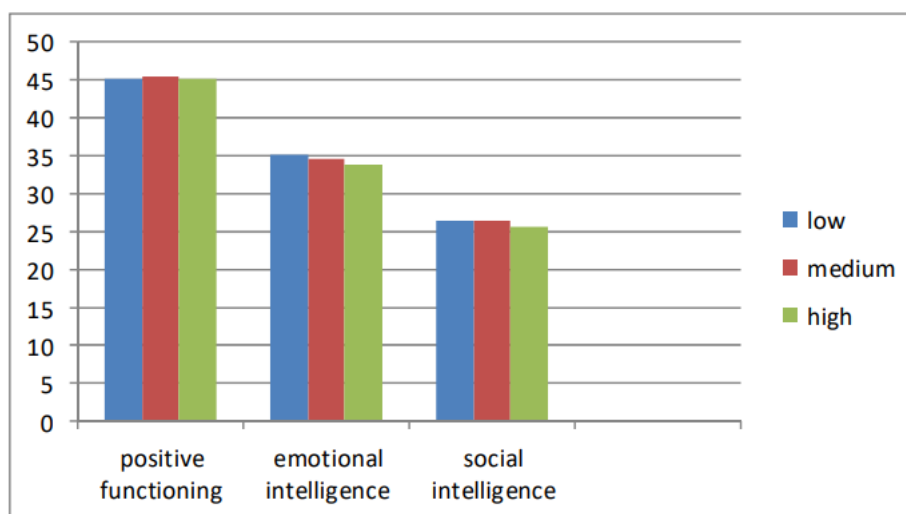


**Figure 1: Mean of mental health variables with parenting style**



**Figure 2: Mean of mental health variables with relationship orientation**

Although relationship orientation and parenting styles affect positive functioning, the table shows that low-relationship orientation and authoritative parenting styles have a higher mean score (47.02) for positive functioning than other groups. People with medium relationship orientation and authoritative parenting styles have high mean scores for emotional intelligence (36.46) and social intelligence (28.69).



**Figure 3: Mean of mental health variable with system maintenance.**

Although system maintenance and parenting styles affect positive functioning, the table shows that low-



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maintenance individuals with authoritative parenting styles have a higher mean score (48.77) for positive functioning than other groups. The mean emotional intelligence score (38.54) for those with minimal system maintenance and authoritative parenting is high. Conversely, system maintenance and authoritative parenting approaches are associated with high social intelligence (28.18). Family connectedness is linked to teenage well-being, according to Wolman et al. (1994). Siddique and D Arcy (1984) found a strong link between family variables and adolescent mental health.

### **Conclusion**

Research has revealed that the connection orientation, which pertains to the qualities of the home environment, does not significantly influence good functioning. This is a recently uncovered revelation. The term "relational orientation" refers to the various aspects of the home environment and has been found to significantly influence emotional intelligence. This phenomenon has been seen. The study findings suggest that the connection orientation does not exert a statistically significant impact on the notion known as social intelligence.

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