

Influence Of Parenting Styles On Resilience Among Higher Secondary School Students.

Shivani.M,¹ Anusha. B. Menon²

*Research Scholar, M.Sc. Psychology, Department Of Psychology,
Assistant Professor Of Psychology, School Of Performing Arts, REVA University, Bangalore-560064, India,*

Abstract

Adolescence is a critical phase marked by challenges and opportunities for personal growth and development. Parenting styles play a crucial role in shaping adolescents' resilience, which enables them to navigate these challenges effectively. This study delves into the intricate interplay between predominant perceived parenting styles of mothers and fathers and their impact on the resilience of higher secondary school students. Parenting styles play a crucial role in shaping adolescents' development and well-being. This study investigated the influence of the predominant perceived parenting style of both mothers and fathers on the resilience of higher secondary school students using a factorial research design. A sample of 271 participants were selected for the study, and they were made to respond to the Parental Authority questionnaire (Buri, 1991) and the Connor Davidson Resilience Scale (Connor and Davidson, 2003). The findings revealed that Resilience was found to be higher among children who perceived their father's parenting style as Permissive, however these findings were statistically not significant. Further, neither the predominant perceived parenting style of the father nor that of the mother had a significant effect on the resilience of higher secondary school students. Additionally, the study did not uncover any substantial gender-based differences in resilience levels. Furthermore, the interaction effects between the predominant perceived parenting style of both parents and gender on resilience were not statistically significant. These results indicate the need for further studies for a comprehensive understanding of the intricate interplay between parenting styles, gender dynamics, and adolescent resilience.

Keywords: Resilience, Perceived parenting styles, Higher secondary school students

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I. Introduction

Adolescence, a transitional period characterized by physical, cognitive, and emotional changes, is significantly influenced by parenting styles. These styles, reflecting the interplay of parental responsiveness and demandingness, impact various aspects of adolescent development, with resilience being a crucial factor in determining their ability to navigate challenges and thrive (Steinberg, 2001). Resilience, defined as the capacity to adapt positively despite adversity (Masten, 2001), is of particular interest during the higher secondary school years when adolescents face increased academic demands, social pressures, and identity exploration.

This empirical study embarks on a comprehensive exploration of the intricate relationship between parenting styles, as perceived by higher secondary school students in both mothers and fathers, and their profound influence on adolescent resilience. Adolescence, characterized by a myriad of physical, cognitive, and emotional changes, is a pivotal life stage where parenting styles play a crucial role in shaping various facets of development, with resilience being of paramount significance. Utilizing well-established measurement tools such as the "Connor-Davidson Resilience Scale 25 and the Scale of Parenting Styles" Connor, K. M., & Davidson, J. R. (2003), this research endeavors to provide a rigorous quantitative assessment of the connection between perceived parenting styles and the resilience levels of adolescents. Furthermore, it seeks to unravel the potential moderating impact of gender on this intricate relationship, thereby offering a more nuanced understanding of the complex interplay between parenting styles, gender dynamics, and resilience outcomes.

Within the realm of existing research, findings have varied, yielding a tapestry of insights into the association between parenting styles and adolescent resilience. Some studies have pointed to a substantial correlation, suggesting that stricter parenting styles are often linked to higher levels of adolescent resilience. However, it's important to note that not all studies have produced uniform results, underscoring the multifaceted nature of this relationship. To enrich this body of knowledge, this study hones its focus on the distinctive context of higher secondary school students, with the aim of furnishing a holistic understanding of how the predominant perceived parenting styles of both mothers and fathers collectively shape resilience during this pivotal phase of development. By investigating the potential moderating role of gender, this research acknowledges and accounts

for the diverse experiences and needs of male and female adolescents, offering insights that hold the potential to guide parents, educators, and mental health professionals in cultivating adaptive coping mechanisms and emotional well-being during this transformative period.

The implications stemming from this research are profound, with the potential to significantly inform the design and implementation of interventions geared towards promoting positive developmental outcomes among adolescents. The insights derived from this study have the capacity to guide the development of strategies that enhance coping skills and emotional well-being, while concurrently recognizing the intricate dynamics of adolescent development and the pivotal role played by parenting styles in shaping these outcomes.

II. Materials And Methods

The fundamental aim of this study is to delve into the influence of the predominant perceived parenting style of both mothers and fathers on resilience levels among higher secondary school students. The study is structured around six specific objectives that are meticulously designed to unravel the nuances of this complex interaction. These objectives encompass a comprehensive exploration of predominant perceived parenting styles, gender differences in both parenting styles and resilience, as well as investigating the potential interaction effects between parenting styles and gender on resilience levels.

This study is guided by a set of hypotheses, each formulated to assess specific relationships. Hypotheses include the influence of predominant perceived parenting style of both the father and mother on resilience levels, the presence of significant gender differences in resilience, and the potential interaction effects between gender and parenting styles on resilience. The study incorporates independent variables such as the predominant perceived parenting styles of mothers and fathers, categorized as Permissive, Authoritative, and Authoritarian. Gender, categorized as Male and Female, is another independent variable. The dependent variable in focus is Resilience.

The research focuses on a diverse sample of higher secondary school students aged 16-18 years in Bangalore. The inclusion criteria encompass aspects such as enrollment in the Pre- University Course, residing with both parents, proficiency in English, and currently studying in urban Bangalore. The study's sample size consists of 271 participants, representing both genders,

Exclusion criteria ensured that individuals with disabilities, those living in hostels or PG accommodations, and foreign nationals were not included in the study.

The research employed a non-random purposive and a convenience sampling technique to select participants. Data collection involved the use of comprehensive tools such as a socio-demographic information sheet, the Parental Authority Questionnaire (PAQ), and the Connor-Davidson Resilience Scale 25 (CD-RISC-25). The socio-demographic information sheet collected crucial participant details while the PAQ assessed parental authority prototypes. The CD-RISC-25 measured resilience using a 5-point Likert scale. Upon successful completion of data collection, a crucial phase of the research unfolded: data analysis. This phase was characterized by meticulous attention to detail, ensuring the reliability and validity of the insights drawn from the collected dataset.

III. Results

The analysis journey commenced with the calculation of descriptive statistics. This step aimed to provide a comprehensive overview of the dataset's characteristics, unraveling central tendencies and variations through measures like mean and standard deviation. In tandem with this, a critical Test of Normality was undertaken to assess the distribution pattern of the data. Given the sample size exceeding 50, the Kolmogorov-Smirnov test was judiciously employed to determine the normality of the distribution.

Table 1

Descriptive Statistics Dependent variable: Total Resilience Score

Gender	Predominant mom's Style	Predominant dad's Style	Mean	Std. Deviation	N
Female	Permissive	Permissive	66.67	16.361	12
		Authoritarian	66.71	12.763	7
		Authoritative	61.17	18.135	12
		Total	64.55	16.087	31
	Authoritarian	Permissive	59.80	24.015	5
		Authoritarian	62.65	12.089	20
Authoritative		65.64	15.187	11	
	Total	63.17	14.657	36	
Authoritative	Permissive	Permissive	67.94	14.493	18
		Authoritarian	63.63	15.711	8
	Authoritative	Authoritative	67.76	10.324	41
		Total	67.31	12.115	67

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	Total	Permissive	66.34	16.345	35
		Authoritarian	63.69	12.797	35
		Authoritative	66.16	12.968	64
		Total	65.56	13.823	134
Male	Permissive	Permissive	55.46	13.201	13
		Authoritarian	67.14	13.234	7
		Authoritative	64.06	18.728	16
		Total	61.56	16.217	36
	Authoritarian	Permissive	65.17	13.604	12
		Authoritarian	65.00	11.970	15
		Authoritative	60.95	17.733	20
		Total	63.32	14.900	47
	Authoritative	Permissive	69.29	10.576	17
		Authoritarian	53.17	15.959	12
		Authoritative	58.08	16.770	25
		Total	60.52	15.929	54
	Total	Permissive	63.83	13.394	42
		Authoritarian	61.26	14.665	34
		Authoritative	60.59	17.483	61
		Total	61.75	15.592	137
Total	Permissive	Permissive	60.84	15.572	25
		Authoritarian	66.93	12.493	14
		Authoritative	62.82	18.192	28
		Total	62.94	16.105	67
	Authoritarian	Permissive	63.59	16.666	17
		Authoritarian	63.66	11.919	35
		Authoritative	62.61	16.770	31
		Total	63.25	14.705	83
	Authoritative	Permissive	68.60	12.575	35
		Authoritarian	57.35	16.310	20
		Authoritative	64.09	13.849	66
		Total	64.28	14.293	121
	Total	Permissive	64.97	14.761	77
		Authoritarian	62.49	13.701	69
		Authoritative	63.44	15.529	125
		Total	63.63	14.840	271

Table 2

Levene's Test of Equality of Error Variances

		Levene Statistic	df1	df2	Sig.
Total Resilience	Based on Mean	1.289	17	253	.200
Score	Based on trimmed mean	1.175	17	253	.285

Table 3

Represents the tests of between subjects effects

Source	df	F	Sig.
Corrected Model	17	1.428	.123
Intercept	1	3989.643	<.001
Gender	1	1.714	.192
Predominant mother's Style	2	.009	.991
Predominant Father's Style	2	.125	.882
Gender *	2	1.205	.301
Predominant mother's Style			
Gender *	2	.128	.880
Predominant Father's Style			
Predominant mother's Style *	4	1.789	.132
Predominant Father's Style			
Gender * Predominant mother's Style * Predominant Father's Style	4	1.902	.111

The table discusses the results of a statistical analysis conducted to investigate the influence of predominant perceived parenting styles and gender on the resilience of higher secondary school students. The analysis comprised several key components, which are summarized as follows: First, the Levene's Test of Equality of Error Variances was performed to evaluate the consistency of error variances for the dependent variable, which was the Total Resilience Score. The outcome of this test showed a non-significant p-value ($p > 0.05$), indicating that the assumption of consistent error variances across different groups was met. This result allowed for the subsequent use of ANOVA, a statistical method used to analyze variations between group means.

Second, the study provided descriptive statistics for different groups, divided based on parenting styles (both mothers and fathers) and gender. These statistics included mean scores and standard deviations. Notably, the mean resilience scores for these groups did not exhibit significant differences. The primary focus of the study was a Three-way ANOVA, which aimed to explore the main effects and interaction effects of parenting styles and gender on resilience. The results, however, did not yield any significant findings. Specifically, the main effects of both maternal and paternal predominant perceived parenting styles on resilience were non-significant, suggesting that these factors had no discernible impact on the resilience of higher secondary school students. Additionally, the main effect of gender on resilience was also non-significant.

The study further explored interaction effects, examining the interplay between gender and predominant perceived parenting styles. The analysis found that none of these interaction effects were statistically significant. In essence, this means that there was no compelling evidence to support the hypotheses that suggested a significant influence or interaction between these factors on the resilience of the students.

In conclusion, the results of the analysis indicate that neither predominant perceived parenting styles (from both mothers and fathers) nor gender had a significant impact on the resilience of higher secondary school students. The study's findings effectively rejected the proposed hypotheses related to these factors. This suggests that other unexamined variables or aspects may play a more critical role in shaping resilience in this particular student population. Further research and exploration may be necessary to identify and understand the factors that truly contribute to resilience in these individuals.

IV. Conclusion

The study offers insights into the relationships between predominant perceived parenting styles, gender differences, and resilience among higher secondary school students. While adolescents perceive both mothers and fathers as authoritative in their parenting, showing a balance of demands and responsiveness, no significant gender differences in perceived parenting styles were found. The study suggests that these parenting styles may not significantly impact adolescents' resilience, implying the presence of other contributing factors. Additionally, the interplay between predominant perceived parenting style and gender does not significantly affect their combined influence on resilience.

The study explores parenting styles, gender differences, and resilience in high school students. Adolescents perceive both parents as authoritative, but no significant gender differences in perceived parenting styles were found. The study suggests limited impact of these styles on resilience, acknowledging regional specificity and potential biases as limitations. To enhance comprehensiveness, recommendations include diversifying the sample, employing longitudinal research, and exploring family dynamics. The study identifies avenues for future research, emphasizing longitudinal investigations into parenting styles, cultural influences, and specific parenting behaviors affecting adolescent resilience.

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Competing Interest

The authors declare no competing interests to disclose.

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