

The Influence of Parental Rearing Styles on Adolescent's Psychological Development

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Abstract: This research focuses on the importance of adolescent psychological development. Parents play an essential role in the growth of adolescents, and their parenting styles have a prominent impact on their mental health, self-emotional control, social adaptability, and academic performance. Different parenting styles function differently in their physical and mental development. This article adopts the method of literature review to conduct a retrospective analysis of previous studies on the effects of parental rearing style on the psychological development of adolescents. Parents who use critical parenting styles are more likely to lead to psychological problems such as depression in adolescents. Moreover, parents who habitually refuse or overprotect their children are also associated with high anxiety levels and negative emotions in adolescents. Positive parenting will enable adolescents to develop their self-efficacy and social adaptability better. On the contrary, authoritarian or neglectful parents will cause adolescents a greater chance of imbalance in their psychological development. The active participation of parents in parenting can also promote the academic participation of adolescents and affect their academic performance. This review provides insights into how parents can adopt effective parenting styles to promote the psychological development of adolescents in reality.

Keywords: parental rearing style, adolescents, mental health, depression, anxiety

1. Introduction

“At the age of 18, I also hated staying at home. I hated my parents and wanted to end my life by hurting myself uncontrollably.” When asked about her own childhood experience, this was the answer of a mother who had an 18-year-old depressed child. This is an unfortunate example, but it is not uncommon in real life. In today's society, adolescent mental illness is receiving increasing attention. Past research has shown that there are many factors that can lead to problems in the development of adolescents' mental health. Although the social and mental health service system continues to mature and improve with the increasing attention of all walks of life, for adolescents, good family upbringing is still a very important factor affecting their psychological development. Parents are not born to be parents. Most parents will unconsciously follow the way their parents treated them when they were children. Even when they grow up, they think that their parents' previous parenting approaches are wrong. Therefore, many parents' psychological problems in adolescence may unconsciously be reflected in their children. In addition to the influence of parents' own original family, the parenting

styles are also accompanied by many other factors, such as gender, mainstream culture [1], and children's personalities in parent-child relationships, which interact with parents' parenting styles from various perspectives. In order to systematically explore this complex problem, predecessors have made some studies and experiments on the impact of parental rearing patterns on children's growth process and lifestyles. Jaeger et al. proposed three widely existing parenting styles, which later developed into a more comprehensive permissive, authoritative, authoritarian, and neglectful [2]. Different types of parents will greatly affect their children's different personalities and mental health. However, there is little scientific literature on how parental rearing patterns affect adolescent psychological development. Therefore, this literature review aims to elaborate on and analyze the impact of parental rearing patterns on adolescents' mental health and social and academic development.

Steinberg et al. found in the experiment with samples from poor areas or ethnic minorities that, compared with their peers, those juvenile criminals who regard their parents as authoritative have achieved psychological maturity earlier, are less prone to external problems and are less vulnerable to interference from others [3]. Additionally, those who describe their parents as neglectful teenagers are more later maturing psychologically, prone to more problems, and may have worse learning abilities. The performance of children whose parents are described as autocratic and laissez-faire is between these two aspects. At the same time, parenting styles will significantly affect the generation of painful emotions and mental health levels of these adolescents, among which the most prominent is that adolescents whose parents are negligent have a higher level of anxiety [3].

At the same time, the research of Luani further put forward the specific results: authoritative parenting style is usually associated with the positive psychological outcomes of adolescents and was found to be the most effective parenting style in most families-having at least one authoritative parent in the family can produce better results than having no authoritative parents in the family [4]. However, this experiment was only carried out among students in one school, so whether the conclusion is valid in different regions or social cultures needs further research. Therefore, this study aims to consider and explore the impact of parental rearing patterns on adolescents' psychological development from multiple perspectives.

2. Methods

Use the Web of Science, Proquest, and the academic knowledge network database to conduct a comprehensive literature search, and enter the following keywords (and their derivatives) related to parental rearing patterns and adolescent mental health: "parental rearing patterns," "adolescences," "adolescent depression," "native family," "adolescent and parental relationship" and "adolescent mental health." In addition, in order to ensure that the data sample is more extensive and inclusive, Google Scholar is used to supplement more sources for further research. Empirical studies were selected according to the following criteria: (1) the subjects were adolescents; (2) the experiment was about parenting style; (3) the literature was published after 2000; (4) it related to the dimension of adolescent mental health.

3. Literature Review

3.1. Parental Rearing Style and Adolescents' Mental Health

According to Miller et al. [5], the basic function of the family is to ensure the healthy development of family members in psychological, physical and social development, and the parenting styles of parents are the most important part of the basic function of the family. Many studies have confirmed that parental rearing patterns impact adolescents' physical and mental development. Additionally,

there are still many views on how parental rearing patterns have a specific effect on adolescents' mental health.

3.1.1. Adolescent Depression and Self-Injury Behavior

The research of Liu et al. showed that, especially in Chinese families, the proportion of authoritarian parents using strict parenting methods is high, especially in the occurrence of corporal punishment [6]. Suppose parents use harsh parenting methods for a long time. In that case, the risk of teenagers with serious mental illness attempting suicide will be two to three times higher than those who have never experienced such parenting methods [7]. There are also studies that show that in the representative sample of teenagers aged 12-13, compared with the problems between teenagers and their peers, low-income family upbringing and family atmosphere are more likely to make them have suicidal thoughts [8]. Wedig and Nock also found in the experimental results of exploring parents' emotional attitudes and adolescents' self-injury behavior that the critical parenting style is more likely to regard adolescents' behavior as intentional and rebellious behavior, and is more likely to cause mental disorders to their children [9].

3.1.2. Adolescent Anxiety

Parents' rejection of parenting means that parents are insensitive to their children's reactions and deny their children. The over-protection of parents means that parents control their children's daily activities and behaviors excessively, encourage children to rely on themselves excessively, and try to interfere with children's emotional and psychological development [10]. Previous studies have shown that the over-protection or rejection of parents is more likely to cause depression, while the over-protection of parents makes individuals more prone to anxiety and negative emotions [11]. Both of these two kinds of rearing methods will make teenagers have a bad psychological state and psychological adaptation level, and then affect their psychological health development.

Mousavi and Low investigated the impact of parental behavioral rearing and cognitive patterns on the development of anxiety in Malaysian adolescents and found that perceived parental rejection, overprotection and anxiety rearing were positively correlated with the level of anxiety among adolescents [12]. The lower emotional warmth of parents is significantly related to the social phobia of adolescents. At the same time, the results also showed that negative parental rearing patterns and behaviors contribute to the development of poor cognitive schemata in adolescents. In addition, Silva et al. used the self-rating scale of parental rearing behavior and anxiety to test the adolescent group and found that the degree of emotional care of parents was negatively correlated with adolescent anxiety, while parents often used exclusion, punishment, over-protection and other parenting methods, which was more likely to lead to adolescent anxiety [13].

3.1.3. Adolescents' Self-Emotional Control Development

Previous studies have also pointed out that using negative parenting methods such as autocracy, punishment or indulgence is related to a lower level of self-control among adolescents. When parents adopt this parenting style, children may have excessive psychological and emotional arousal, making it difficult to control their emotions and behaviors, weakening and inhibiting the development of adolescents' self-emotional control to a certain extent [14]. Previous studies have also pointed out that positive parenting styles are associated with the development of adolescents' sense of self-efficacy and stress reduction [15].

3.1.4. Parental Rearing Style and Adolescents' Social Development

In previous studies, researchers viewed warmth, support, and acceptance as positive parenting styles and regarded punishment, authoritarianism, and other characteristics of upbringing as negative upbringing methods [16,17]. Positive parenting styles are conducive to the development of adolescents' mental health and better social adaptability [18]. A positive parenting style can help adolescents internalize external rules and expectations and promote the development of good self-control and social adaptability of adolescents. Under negative parenting styles, the family atmosphere is more stressful, behavioral standards are vaguer, and the frequency of interaction between parents and children is lower, which is detrimental to the development of self-control and social adaptability of adolescents [16].

In the authoritarian parenting style, teenagers will show better peer communication ability, have a lower probability of explicit and implicit behaviors, have less anxiety and inferiority, and have better social adaptability; In contrast, children of autocratic and laissez-faire parents will have more implicit and explicit problem behaviors and poor social adaptability, and their psychological development level will not match their age well [19]. Moreover, parents with higher control types are associated with adolescents with higher levels of social anxiety [20].

According to Mounts and Nina [21], parents' high level of communication and attention is related to high-quality friendships between adolescents, in which adolescents are more likely to have reliable peers and long-term friends. Demonstrate good development skills in interpersonal communication.; high levels of indulgence and neglect are associated with juvenile delinquency, drug abuse, and social maladjustment.

3.2. Parental Rearing Style and Adolescents' Academic Performance

Parents' active participation and great attention to their children can promote their children's academic engagement [22]. Reducing the level of academic burnout among adolescents and reducing their negative attitudes and behaviors towards their studies is the key to their children's academic success [23]. Raufelder et al. proposed the concept of parental academic stress, which refers to parents forcing their children to work harder or having high expectations of their children's academic performance [24]. The current research on the impact of parental academic stress on adolescents' psychological development mainly focuses on adolescents' psychological health. It is believed that parenting with academic stress from parents is a psychological control over their children, which can harm their psychological health. Studies have shown that academic stress caused by parents is related to depression and anxiety symptoms in children. When the family atmosphere causes more academic pressure on children, it can undermine their desire for independent learning [25].

4. Implications

Through this systematic review, the author is inspired that most studies on parental rearing patterns and adolescents have focused on the development of adolescent mental health. It has an impact on the psychological development of adolescents from multiple perspectives. In response, the government can plan to strengthen the evaluation and recording of the psychological status of adolescents, promptly identify adolescents with mental illness or mental health warning status, provide courses for the parents of these adolescents on correct parental rearing patterns, and promptly adjust and change the negative rearing patterns of adolescent parents, thereby intervening to reduce the occurrence of adolescent mental illness. At the same time, in terms of education, encouraging caregivers to pay greater attention and understanding to children requires parents to change their attitudes towards overly strict requirements for their children's performance, thereby effectively reducing the negative psychological development of children due to academic stress. Lastly, suitable

parenting styles and family relationships affect adolescents' ability to adapt and their sense of self-efficacy in society [15], a good parenting style and family atmosphere are important role models and foundations for helping teenagers enter and adapt to society. Therefore, educating parents on how to cultivate their children is a very important issue in the future, which needs to be valued by all educators.

5. Conclusion

Through this literature review, the author found that the literature on parenting style and adolescents' psychological development mainly focused on the study of adolescents' mental health, and the more prominent research direction was adolescents' depression and anxiety. Parents' incorrect or inappropriate parenting styles are more likely to cause adolescent mental health problems. At the same time, using negative parenting styles such as dictatorship, punishment, or indulgence may, to some extent, inhibit the development of adolescent self-emotional control, and a positive parenting style is beneficial for the development of adolescent mental health, better social adaptability, and better peer relationships. Finally, parents adopting parenting styles such as active participation and full attention can promote their children's academic participation and reduce their negative attitudes and negative behaviors. For society, government, and families, it is hoped that educators can reflect and change, realize the important influence and role of parenting methods in the key process of adolescent psychological development, inspire educators to intervene and protect adolescent mental health from different perspectives and try to reduce the probability of a series of psychological problems such as adolescent mental illness and inadequate adaptive development.

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