Relationship between Perceived Parenting Styles and Psychological Well-Being of Ao/Naga Adolescents

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ABSTRACT: Parenting styles adopted during the period of adolescence are expected to be extremely vital in determining the well-being of the children as they undergo significant physical, emotional, psychological and behavioral changes. In view of this, the present study was undertaken to investigate the relationship between the perceived parenting styles of Ao/Naga parents with the psychological well-being of the adolescents. A correlational research design was adopted for the study with a multi-stage sampling technique used for sampling. The total sample of the study consisted of 200 Ao/Naga Adolescents from Kohima District, Nagaland. Parental Authority Questionnaire and Ryff Psychological Well-Being Scale were the tools used to collect the data. Results revealed authoritative parenting to be the predominant parenting style adopted by mothers (77%) and fathers (72%). Perceived parenting styles of mothers and fathers were found to be a strong predictor of the psychological well-being of the female and male adolescents respectively. Perceived authoritative parenting style of mothers and fathers predicted the psychological well-being of female adolescents. Also, it was reported that the perceived authoritarian parenting style of fathers predicted low psychological well-being score amongst male adolescents. Limitations and implications of the study have been discussed.

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Introduction
Parenting is a complex process in which a parent uses different behaviors to influence their children (Darling 1999). According to Bradley and Caldwell (1995), it is through the mode of parenting that parents shape their children to be able to live in society and adapt to it as well as helping them to reach their potential. Thus, the influence of parents on the lives of their children is immensely crucial.

Parenting styles
According to Baumrind (1966), parenting style consists of parental behaviors across two dimensions, demandingness refers to the parenting style in which parents control and discipline the behavior of the children and responsiveness refers to the way in which parents maintain a balance between controlling their child’s behavior and at the same time give the space for autonomy and support their children’s needs. Based on these two dimensions, Baumrind (1967) introduced a model of parenting style which classified it into three different typologies:

1. Authoritative parents: are those who have a democratic relationship with their children. They set certain rules and standards for their children but at the same time, they recognize and take into consideration their children’s perspectives.
2. Authoritarian parents: are those who set strict rules and standards and expect the children to adhere to them. They like to exert power, authority, and control over the lives of their children and take up physical and harsh punishment as a mode of disciplining their children.
3. Permissive parents: are inconsistent with their parenting and exercise little control over the lives of their children and let the children regulate their own decisions and behavior.

Parenting styles and psychological well-being of adolescents:
Adolescence is "the period in human growth and development that occurs after childhood and before adulthood, from ages 10 to 19. It characterizes one of the critical transitions in the life span that is marked by a tremendous pace in growth and change“ World Health Organization (2013). According to Ryff (1989), the definition of psychological well-being can be understood by taking into consideration six basic components:
Self-acceptance refers to the ability to have a positive attitude about one's life; positive relations with others refers to the ability to be able to maintain intimate and affectionate relationship and to learn from others; autonomy refers to the ability to be independent and not be regulated by others; environmental mastery refers to the ability to manage and control one’s environment and ability to use it based on one’s own needs; purpose in life refers to the ability to have a sense of direction that gives one meaning; and personal growth refers to the ability of the person to open themselves to new experience and to grow their potential as a person.

According to Heaven & Ciarrochi (2008), the behaviors and the attitudes that parents use to bring up their children/adolescents will have a significant impact on their mental well-being. Studies have also reported that the specific use of parenting style seems to have an outcome on the well-being of children. Driscoll, Russell & Crockett (2008) reported that the authoritative parenting style was found to have a better outcome on the youth in terms of lesser behavioral problems and a higher level of psychological well-being. Lavasani et al. (2011) found that authoritarian and permissive parenting styles have a negative impact on the psychological well-being of adolescents. Hence, emphasizing on the significance of parenting style on the psychological well-being of adolescents.

As already stated, the stage of adolescence is a crucial stage and having an optimum level of psychological well-being will facilitate the adolescents to have a general sense of happiness. Thus, it seemed of interest to the researcher, to examine the relationship and influence of perceived parenting styles on psychological well being of the adolescents. There seems to be a vacuum with respect to studies focussing on this topic in the context of Nagaland. Nagaland, being a diverse State with a rich cultural heritage, is inhabited by 16 (sixteen) tribes with their own unique rituals, customs, and traditions; there is much that can be explored and researched on the tribes of this State. Hence, the current research aimed to bridge that gap and focus on one of the major tribes of Nagaland and thus provide new insight into parenting.

**Objectives:**

1. To assess the perceived parenting style of the Ao/Naga adolescents
2. To analyze the relationship and prediction of the psychological well-being of male and female adolescents by the perceived parenting style of mothers
3. To analyze the relationship and prediction of the psychological well-being of male and female adolescents by the perceived parenting style of fathers

**Method**

**Sampling, tools and statistical analysis**

The current study aimed to assess the perceived parenting styles of Ao/Naga parents and the psychological well-being of their adolescent children. A quantitative research approach with a correlational research design was followed. The total sample size of the study is 200 Ao/Naga adolescents of 14 to 19 years.

A multi-stage sampling technique was employed.

Stage 1: The researcher listed out 22 NBSE (Nagaland Board of School Education) recognized English Medium Higher Secondary Schools from Kohima District, Nagaland to collect the data.

Stage 2: 10 schools were selected randomly
Stage 3: 6 schools gave permission
Stage 4: Students who fulfilled the inclusion criteria were selected

Parenting Authority Questionnaire (PAQ) (Buri 1991) was used to measure Baumrind’s (1966) three parenting styles. The scale consists of 30 items, and each item was scored on a Likert-type scale from 1 (strongly disagree) to 5 (strongly agree). The measure consists of separate measures for both fathers and mothers. Scores on the PAQ range from 10 to 50 with higher scores indicating a greater level of the parenting style prototype measured. The internal consistency reliability of the scale for the present study sample was found to be between .51 to .70 for the PAQ (Mother Form) and between .58 to .76 for PAQ (Father Form). Ryff’s Psychological Well-being Scale (Medium Form-Ryff, 1989) was used to assess the psychological well-being of adolescents. Respondents rate statements on a scale of 1 to 6, with 1 indicating strong disagreement and 6 indicating strong agreement. Scores on the scale show higher scores indicating a higher level of psychological well-being. The researcher conducted internal consistency reliability of the scale on the present study sample and found scores ranging from .46 to .83 for the scale illustrating evidence of good consistency.

Ethical guidelines were followed for the data collection process. The study aims and procedures...
were explained to the concerned authorities of the schools and permission was obtained from them and the parents of the adolescents. The questionnaire was then administered on the adolescent participants who took 30 to 40 minutes to complete. The doubts of the participants were cleared if any. Out of the 253 adolescents who fit the inclusion criteria from the six schools, 53 were rejected, due to incomplete forms and thus, 200 adolescents were included in the study.

Simple percentages, Pearson correlation, and Regression analysis was carried out to analyze the data.

Results
Descriptive and inferential statistics

Table No. 1: Showing the perceived parenting styles of the Ao/Naga parents

<table>
<thead>
<tr>
<th>Parents</th>
<th>Parental Authority Questionnaire (PAQ)</th>
<th>Total (n=200)</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Authoritative</td>
<td>Authoritarian</td>
</tr>
<tr>
<td>Mother</td>
<td>77%</td>
<td>18%</td>
</tr>
<tr>
<td>Father</td>
<td>72%</td>
<td>24.5%</td>
</tr>
</tbody>
</table>

Simple percentages were worked out to assess the perceived parenting styles of the Ao/Naga parents. Table 1 shows that adolescents perceived their parents to adopt an authoritative parenting style (mothers=77%, fathers=72%).

Table No. 2: Showing the correlations between the perceived parenting styles of Ao/Naga mothers with the psychological well-being of the male and female adolescents

<table>
<thead>
<tr>
<th>Parental Authority Questionnaire (PAQ) Mother Form</th>
<th>Psychological Well-Being (Male Adolescents)</th>
<th>Psychological Well-Being (Female Adolescents)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Permissive</td>
<td>.073</td>
<td>-.041</td>
</tr>
<tr>
<td>Authoritarian</td>
<td>-.064</td>
<td>.023</td>
</tr>
<tr>
<td>Authoritative</td>
<td>.130</td>
<td>.276**</td>
</tr>
</tbody>
</table>

**. Correlation is significant at the 0.01 level
*. Correlation is significant at the 0.05 level

Pearson’s correlation coefficient was computed to examine the relationship between the perceived parenting styles of mothers and the psychological well-being of male and female adolescents. Table 2, shows that there was a statistically significant relationship found between perceived authoritative parenting style of mothers and the psychological well-being of female adolescents (p<0.05, r=.276). However, no significant relationship was reported between the three parenting styles of mothers and the psychological well-being of male adolescents (p>0.05, r=-.073, r=-.064, r=.130).

Table 3: Showing summary of regression analysis of perceived parenting styles of Ao/Naga mothers to predict psychological well-being of male and female adolescents

<table>
<thead>
<tr>
<th>Variables</th>
<th>R²</th>
<th>F</th>
<th>B</th>
<th>SE</th>
<th>β</th>
<th>t</th>
<th>Sig.</th>
</tr>
</thead>
<tbody>
<tr>
<td>Psychological Well-being of male adolescents</td>
<td>.023</td>
<td>.614</td>
<td></td>
<td></td>
<td>.608</td>
<td></td>
<td></td>
</tr>
<tr>
<td>PAQ Permissive (Mother)</td>
<td>.363</td>
<td>.591</td>
<td>.069</td>
<td>.614</td>
<td>.541</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Authoritarian (Mother)</td>
<td>-.203</td>
<td>.492</td>
<td>-.047</td>
<td>-.413</td>
<td>.681</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Authoritative (Mother)</td>
<td>.595</td>
<td>.581</td>
<td>.117</td>
<td>1.024</td>
<td>.309</td>
<td></td>
<td></td>
</tr>
<tr>
<td>R=.153, Adjusted R²= -.015</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Psychological Well-being of female adolescents</td>
<td>.078</td>
<td>3.248</td>
<td></td>
<td></td>
<td>.024</td>
<td></td>
<td></td>
</tr>
<tr>
<td>PAQ Permissive (Mother)</td>
<td>-.198</td>
<td>.410</td>
<td>-.043</td>
<td>-.484</td>
<td>.629</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Authoritarian (Mother)</td>
<td>.057</td>
<td>.307</td>
<td>.017</td>
<td>.184</td>
<td>.854</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Authoritative (Mother)</td>
<td>1.381</td>
<td>.449</td>
<td>.275**</td>
<td>3.076</td>
<td>.003</td>
<td></td>
<td></td>
</tr>
<tr>
<td>R=.279, Adjusted R²=.054</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
Regression analysis was conducted to explore whether the perceived parenting style of mothers predicted psychological well-being or not. There was no evidence of multi co-linearity as the variance inflation factors (VIF) value was less than 5. As seen in table 3, for prediction of perceived parenting styles of mothers towards the psychological well-being of male adolescents, the combination of the three independent variables do not significantly predict the psychological well-being of the male adolescents $F(3,77) = .614, p > .05, R^2 = .023$. To assess the contribution of individual predictors, individual regression slope were examined. None of the three predictors significantly predict the well-being score of the male adolescents, i.e. permissive .069 ($t(614, p > 0.05)$), authoritarian -0.047 ($t(413, p > 0.05)$), and authoritative .117 ($t(1024, p > 0.05)$) parenting styles of mothers do not predict the psychological well-being of male adolescents.

For prediction of perceived parenting styles of mothers towards the psychological well-being of female adolescents, the combination of the three independent variables significantly predict the psychological well-being of the female adolescents $F(3,115) = 3.248, p < .05, R^2 = .078$ which indicates that 78% of the variance in psychological well-being of female adolescents was indicated by the model. To assess the contribution of individual predictors, individual regression slope were examined. One of the predictors significantly predicts the psychological well-being score, i.e. Authoritative .275 ($t(3076, p < .01)$).

### Table No. 4: Showing the correlations between the perceived parenting styles of Ao/Naga fathers with the psychological well-being of the male and female adolescents

<table>
<thead>
<tr>
<th>Parental Authority Questionnaire (PAQ) Father Form</th>
<th>Psychological Well-Being (Male Adolescents)</th>
<th>Psychological Well-Being (Female Adolescents)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Permissive</td>
<td>.049</td>
<td>-.090</td>
</tr>
<tr>
<td>Authoritarian</td>
<td>-.243*</td>
<td>-.102</td>
</tr>
<tr>
<td>Authoritative</td>
<td>.221*</td>
<td>.197*</td>
</tr>
</tbody>
</table>

**. Correlation is significant at the 0.01 level (2-tailed).
* . Correlation is significant at the 0.05 level (2-tailed).

Pearson’s correlation coefficient was also computed to examine the relationship between the perceived parenting styles of fathers and the psychological well-being of male and female adolescents. Table 4, shows a statistically significant positive relationship between perceived authoritative parenting style of fathers and psychological well-being of male and female adolescents ($p < .01, r = .221, r = .197$) and a statistically significant negative relationship between perceived authoritarian parenting style of fathers and psychological well-being of male adolescents ($p < .01, r = .243$). There was no significant relationship reported between the permissive parenting style of fathers and the psychological well-being of the male and female adolescents ($p > .05, r = .049, r = -.090$)

### Table 5: Table showing the summary of regression analysis of perceived parenting styles of Ao/Naga fathers to predict the psychological well-being of male and female adolescents

<table>
<thead>
<tr>
<th>Variables</th>
<th>$R^2$</th>
<th>$F$</th>
<th>$B$</th>
<th>$SE$</th>
<th>$\beta$</th>
<th>$t$</th>
<th>Sig.</th>
</tr>
</thead>
<tbody>
<tr>
<td>Psychological Well-being of male adolescents PAQ</td>
<td>.101</td>
<td>2.896</td>
<td>.152</td>
<td>.528</td>
<td>.032</td>
<td>.289</td>
<td>.774</td>
</tr>
<tr>
<td>Permissive (fathers)</td>
<td>.152</td>
<td>.528</td>
<td>.032</td>
<td>.289</td>
<td>.774</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Authoritarian (fathers)</td>
<td>-.979</td>
<td>.462</td>
<td>-.231*</td>
<td>-2.119</td>
<td>.037</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Authoritative (fathers)</td>
<td>.885</td>
<td>.501</td>
<td>.197</td>
<td>1.768</td>
<td>.081</td>
<td></td>
<td></td>
</tr>
<tr>
<td>$R = .318, Adjusted R^2 = .066$</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Psychological Well-being of female adolescents PAQ</td>
<td>.053</td>
<td>2.136</td>
<td>.190*</td>
<td>2.083</td>
<td>.039</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Authoritative (fathers)</td>
<td>.805</td>
<td>.387</td>
<td>.190*</td>
<td>2.083</td>
<td>.039</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

(Note. N = 200; *p < .05, **p < .01, ***p < .001)
Regression analysis was conducted to explore whether the perceived parenting style of fathers predicted psychological well-being or not. There was no evidence of multi co-linearity as the variance inflation factors (VIF) value was less than 5. As seen in table 5, for prediction of perceived parenting styles of fathers towards the psychological well-being of male adolescents, the combination of the three independent variables significantly predict the psychological well-being of the male adolescents $F(3, 196) = 2.896, p<0.05, R^2 = .318, R^2 = .101$ which indicates that 10.1% of the variance in psychological well-being of male adolescents was indicated by the model. To assess the contribution of individual predictors, individual regression slope were examined. Authoritarian $-231 (t=-2.119, p<0.05)$ parenting style of fathers significantly predict the well-being of male adolescents.

For the prediction of perceived parenting styles of fathers towards the psychological well-being of female adolescents, the combination of the three independent variables significantly does not predict the psychological well-being of the female adolescents $F(3, 115) = 2.136, p>0.05, R = .230, R^2 = .053$. To assess the contribution of individual predictors, individual regression slope were examined. One of the predictors significantly predicts the psychological well-being score of female adolescents, i.e. Authoritative $-190 (t=2.083, p<0.05)$.

**Discussion**

The discussion has been categorized into three sub-sections given below:

**Section one: Parenting styles of Ao/Naga Parents**

In the present study, both parents were perceived to adopt the authoritative parenting style (mothers=77%, fathers=72%). Similar findings have been found by Nair (2014) who reported Indian college students perceiving their parents as being Authoritative. Roman et al. (2015) also found that South-African adolescents perceived their parents as adopting an authoritative parenting style. However, there have been contradictions in several other studies which report variations in the parenting styles perceived by the children. Ren and Edwards (2015) reported Chinese parents to be perceived as adopting authoritarian parenting styles. Another study by Olivari et al. (2015) reported Swedish and Greek parents to be perceived as more permissive than Italian parents. Although there are variations and differences in the perception of the parenting styles in various research studies, the results should be understood in the light of the ethnic and cultural differences and how parents bring up their children. Parenting styles vary across different cultures. For the present study, the data is collected from Ao/Nagas, Nagaland, as with all states and regions in India, has undergone a lot of changes due to modernization/globalization and there has been a cultural shift over the years. With the changing times, there has been a shift in the way that parents nurture and bring up their children and that could be one of the reasons why the present generation’s parents use and approach a more authoritative and democratic outlook on parenting their children.

**Section two: Perceived parenting styles of mothers and the psychological well-being of adolescents**

Perceived authoritative parenting style of mothers was reported to have a positive significant relationship with the overall psychological well-being of daughters; no significant relationship was reported with the sons. Since authoritative parents are flexible and employ a democratic relationship with their children it allows the children to grow into their own person, they also help their adolescent children towards positive self-evaluation and increase their sense of self-esteem and self-worth. Such mothers are supportive of the children and empathize with the mammoth of issues that come with being an adolescent and thus, they give their children a safe environment for personal growth and discovery. Perceived authoritative parenting style of mothers was also found to predict the overall psychological well-being of female adolescents and not male adolescents. Updeagraff, Delgado & Wheeler (2009) reported that mothers spent more time with their daughters than their sons. Mosavel, Simon & Van Stade (2006) reported of mothers-daughters engaging in community work and extra-curricular activities together, mothers being open to taking advice from daughters and respecting their daughters’ opinion. This result illustrates the unique relationship that mothers and daughters share and might explain the prediction result of the present study.

**Section three: Perceived parenting style of fathers and the psychological well-being of adolescents**

When the prediction model of parenting styles of fathers was analyzed for male and female adolescents separately, parenting styles of fathers significantly predicted the overall psychological well-being of the male adolescents and not the female adolescents. Proulx and Helms (2008) have highlighted the distinct and gendered patterns of interactions that fathers-sons and mothers-daughters share. Fathers
reported assuming mentoring roles for sons rather than daughters. When fathers interact with and mentor their sons, the amount of time spent with each other automatically increases. The increase in the amount of time spent together further fosters the relationship between fathers and sons and, thus inevitably, the influence of father's role in the well-being and overall development of the sons becomes crucial and significant. Pearson correlation revealed perceived authoritative parenting style of fathers to have a positive significant relationship with the overall psychological well-being of both male and female adolescent children. An interesting finding of the study also revealed that the authoritative parenting style of fathers predicted the well-being of the daughters; no prediction was reported for the sons. This result reveals that the father's positive parenting behavior positive determines the psychological well-being of the children and shows the importance of the role of fathers in impacting the lives of their daughters.

Pearson correlation also revealed perceived authoritarian parenting style of fathers to have a negative significant relationship and predicted the overall psychological well-being of sons; no significant relationship and prediction were reported with the daughters. This finding reveals that as fathers become more authoritarian in their parenting approach towards their sons, the psychological well-being of the sons' decreases. Authoritarian parents are highly demanding and directive but are not responsive/low in responsiveness (Baumrind 1991). Perceived parental involvement is highly related to the psychological well-being of the children and since authoritarian parents rely on rules and punishment and are not personally and emotionally connected with their children, it puts them at risk of developing lower psychological well-being (Cripps and Zyromski, 2009).

Conclusion, Limitations, and implications:

Results revealed authoritative parenting to be the predominant parenting style adopted by mothers and fathers. Perceived parenting styles of mothers and fathers were found to be a strong predictor of the psychological well-being of the female and male adolescents respectively. Perceived authoritative parenting style of mothers and fathers predicted the psychological well-being of female adolescents. Also, it was reported that the perceived authoritarian parenting style of fathers predicted low psychological well-being score amongst male adolescents. Thus, the type of parenting style adopted is associated with the overall well-being of the child.

A limitation of this research study is that it is correlational and not causal. The size of the sample may be small for generalization and the study covered only one District of Nagaland. Future research studies may try to overcome these limitations and take steps for a more rigid and exacting body of research.

The results reported in this study will be relevant in that they can help to expand the area of research on the impact of parenting styles on the different dimensions of psychological well-being of their children. Further, since there is a dearth of such a study conducted amongst Ao/Nagas, these findings provide a lens into the parenting practices of such ethnic groups of Northeast India. Adolescence is a critical stage which is accompanied with a lot of issues and parents play a crucial role during this time. This study will help the school counsellors and educators to address the importance and issues of the different parenting styles and assist/inform the parents in adopting a healthier parenting style to bring up their children and hence in turn help their children have a better prospect for the future in terms of achieving and maintaining a positive psychological well-being.

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